

Chicken & broccoli stir fry

Ingredients

- 1/2 lb boneless skinless chicken breast, cut into strips
- 12 ounces fresh broccoli florets
- 3 ounces baby carrots, julienne cut
- 3/4 cup chicken broth
- 3/4-1 cup water
- 4 tablespoons reduced sodium soy sauce
- 1 teaspoon fresh minced ginger
- 1 teaspoon minced garlic
- 2 teaspoons cornstarch
- 2 tablespoons water
- Non stick cooking spray
- rice, for serving

Directions

In a small bowl, combine soy sauce, ginger, and garlic. Set aside for later.

Spray a skillet with non-stick cooking spray. Add chicken and stir-fry until no longer pink. Remove and keep warm.

Add 1 cup water and vegetables to skillet. Cover and steam over medium heat until crisp/tender, stirring occasionally. Remove and keep warm, draining any extra water.

Add chicken broth to pan, bringing to a boil.

Reduce heat; add vegetables, chicken, and soy sauce mixture. Stir fry for about 5 minutes at a simmer, until heated through.

Combine cornstarch and 2T of water, and stir into skillet. Bring to a boil. Cook for a few minutes, until thickened.

Serve over hot rice!

NOTE: I like to throw the rice right into the stir fry at the end and mix it all up, adding some egg white as well for a "fried rice" feel. You may need to add more soy sauce depending on how much rice you use!