

# Chicken Stir Fry

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## Ingredients

- 2 TBS olive oil
  - 1 1/2 pounds chicken breast
  - 1 zucchini, cut into matchsticks
  - 1 red bell pepper cut into thin strips
  - 2 large carrots
  - 1/2 bushel of asparagus, cut into 2 inch pieces (about a cup)
  - 1 yellow or white onion, slivered
  - Garlic powder
  - Salt
  - Pepper
- For the sauce:
- 1/4 cup chicken broth
  - 1/4 cup low sodium soy sauce OR coconut aminos
  - 1 TBS rice vinegar (can sub white vinegar)
  - 2 TBS honey
  - 2 cloves minced garlic

## Directions

1. Dice chicken breast into bite size pieces (kitchen scissors work great for this)
  2. In a small bowl, mix together 1 tsp of salt, 1 tsp of pepper, and 1 tsp of garlic powder. Sprinkle seasoning on chicken and toss to coat
  3. Heat 2 TBS olive oil over medium heat in a large skillet. Place chicken into the skillet and cook for 3-4 minutes on each side, or until crispy. While chicken is cooking, you are going to cut your veggies.
  4. Cut onion and bell pepper into thin strips. Cut carrot and zucchini into thin matchsticks. Cut asparagus into 2 inch pieces.
  5. When chicken is done cooking, remove from skillet and place aside.
  6. Add additional TBS of olive oil to the skillet. Add carrots, and cook for 3 minutes. Next, add onion and cook for 3 more minutes. Next, add red bell peppers and cook for 4 minutes. Finally add zucchini and asparagus to the skillet and cook for about 5 minutes, stirring occasionally.
  7. While the veggies are cooking, mix together the sauce in a small bowl (can use the same one you used for your spices earlier)
  8. Add chicken back to the skillet, and pour sauce mixture over veggies and chicken. Mix gently. Cook for about 3 minutes.
  9. Remove, top with chopped green onions and sesame seeds if desired!
- Enjoy!

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MADE WITH LOVE

by Teresa Forchard