

Chicken Stir Fry

INGREDIENTS

- 1½ pounds boneless, skinless chicken breasts, cut into bite-size pieces
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- 1 tablespoon cornstarch
- 2 tablespoons olive oil, divided
- 2 large carrots, cut into thin matchsticks
- 1 yellow or white onion, thinly sliced
- 1 red bell pepper, cut into thin strips
- ½ bunch asparagus, trimmed and cut into 2-inch pieces (about 1 cup)
- 1 zucchini, cut into thin matchsticks
- Sliced green onions, for serving, optional
- Sesame seeds, for serving, optional

For the Stir-Fry Sauce

- ¼ cup low-sodium soy sauce
- ¼ cup chicken broth
- 2 tablespoons honey
- 1 tablespoon rice vinegar
- 2 cloves garlic, minced
- 1 teaspoon freshly grated ginger
- 1 tablespoon cornstarch
- 1 teaspoon toasted sesame oil

DIRECTIONS

1. Place the chicken in a medium bowl. Sprinkle with the salt, black pepper, garlic powder, and cornstarch, then toss until evenly coated.
2. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add the chicken in a single layer and cook for 5-7 minutes, stirring occasionally, until golden brown and cooked through. Transfer the chicken to a plate and set aside.
3. While the chicken cooks, whisk together the soy sauce, chicken broth, honey, rice vinegar, garlic, ginger, cornstarch, and sesame oil in a small bowl until smooth. Set aside.
4. Add the remaining 1 tablespoon olive oil to the skillet. Add the carrots and onion and cook for about 2 minutes. Add the bell pepper and asparagus and cook for another 2 minutes. Add the zucchini and cook for 1-2 minutes more, stirring frequently, until the vegetables are crisp-tender.
5. Return the chicken to the skillet. Give the sauce another quick whisk, then pour it over the chicken and vegetables. Toss everything together and cook for 2-3 minutes, until the sauce bubbles, thickens, and evenly coats the chicken and vegetables.
6. Remove from the heat and top with sliced green onions and sesame seeds, if desired. Serve warm over rice.