

## RECIPE Chicken Vegetable Stir-Fry

### INGREDIENTS

1 lb. boneless chicken breasts  
2 c. peppers – thinly sliced  
1 c. cauliflower florets  
1 c. green beans  
2 c. zucchini — sliced and halved  
1 medium onion — sliced  
4 T. oil  
2 T. soy sauce  
1 t. ground ginger  
2 T. cornstarch  
1 1/2 c. chicken broth (or water)  
Cooked rice (optional)

### DIRECTIONS

1. Cook chicken, in a large skillet. Set aside.
2. In the same skillet, heat oil and sauté vegetables until crisp-tender, about 5 minutes.
3. Mix soy sauce, ginger, cornstarch, and broth until smooth; gradually stir into vegetables.
4. Bring mixture to a boil; cook and stir for 2 minutes or until the sauce thickens.
5. Stir the cooked chicken into the vegetable mixture until heated through.

Serve with white or brown rice, or eat it plain as a low-carb meal. Mix and match your favorite ingredients, seasonings, and foods you have available. The only way you can go wrong with this meal is by cooking the vegetables too long. It's so simple -- give it a try!

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