

Healthy and Delicious Chicken and Veggie Stir Fry

By Chef Tracy Lauth

Serves 4



Ingredients

- 2 large boneless, skinless chicken breasts
- 2 cups broccoli or asparagus
- 1 cup sugar snap peas
- 1 medium white onion
- 1 red bell pepper
- 1 yellow bell pepper
- 2 cloves garlic
- Toasted Sesame Seeds
- Sauce – recipe below
- Vegetable oil

Instructions

1. Cut chicken into small, bite sized pieces, set aside
2. Cut broccoli or asparagus into bite size pieces. Place in bowl
3. Wash sugar snap peas and place into same bowl with broccoli/asparagus
4. Bring 2 cups of water to a boil and add 1 teaspoon of salt. Pour over veggies and let stand for three minutes. Drain and rinse. Set aside
5. Chop onion and bell peppers into bite sized pieces. Set aside
6. Fine dice garlic. Set aside
7. Make sauce

Chef Tracy Lauth is a leader in the food lifestyle revolution promoting healthy relationship with everything food. Visit ChefsBestCo.com for recipes, videos, and more on your journey to a healthier you.

8. Heat large sauté pan. Add oil.
9. Add chicken and cook until you no longer see pink – do not brown as it will dry out meat
10. Remove chicken from pan
11. Add onion to pan and cook for one minute. Add vegetables and sauté until they start to brown.
12. Add garlic and cook for one-minute stirring constantly
13. Remove from heat and add sauce
14. Return to heat and add cornstarch slurry stirring constantly until sauce thickens
15. Remove from heat
16. Serve topped with toasted sesame seeds

Sauce

- ¼ c Hoisin Sauce
- 2 T Soy Sauce
- 2 T Plum Sauce
- ½ t Sesame Oil
- ½ t Chinese mustard

Cornstarch Slurry

- ¼ cup cornstarch
- 1 cup cold water

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