

CHICKEN AND VEGETABLES

1-2 lbs of boneless chicken cut into 1 inch cubes
½ tsp salt (or salt substitute)
½ tsp pepper
2 tbsp olive oil (divided)
2 cups broccoli florets (diced)
1 yellow bell pepper
1 red bell pepper
½ cup shredded carrots
½ tsp ground ginger
2 sep minced garlic

FOR THE SAUCE

1 tbsp cornstarch
¼ cup chicken broth
¼ cup soy souce (or low sodium)
2 tbsp honey

Cooked Rice

In a small bowl, combine cornstarch, chicken broth, soy sauce, and honey. Set aside

- Over medium high heat, In large skillet, heat 1 tablespoon of olive oil
- Add chicken and season with salt pepper. Sauté for 3-5 minutes until brown and cooked through.
- Remove cooked chicken from the skillet and place on a plate or in a bowl
- In the large skillet, heat 1 tablespoon of olive oil, then add veggies (broccoli, peppers, carrots). Cook until tender
- Add ginger and garlic then cook for 1-2 minutes until garlic is aromatic
- Add chicken to vegies and stir in sauce. Coat chicken and veggies. Continue to cook until sauce thickens.

- Serve over cooked rice

Serves 4