

Stir Fry – Chicken and Vegetables

(low sodium)

Servings: 4

Prep Time: 15minutes

Cook Time: 20 minutes

Ingredients

- 1-2 lbs of boneless chicken cut into ½ to 1-inch cubes
- 1 tsp of Dash Everything but Salt
- 2 tbsp olive oil
- 2 cups broccoli florets (diced optional)
- 1 yellow bell pepper cored and cut into strips
- 1 red bell pepper cored and cut into strips
- ½ cup shredded carrots (optional)
- 1 small can of sliced or chopped water chestnuts (optional)
- 2 tsp minced garlic

FOR THE SAUCE

- 1 tbsp cornstarch
- ¼ cup chicken broth
- ¼ cup soy sauce (low sodium)
- 2 tbsp honey

1 cup of cooked rice

Instructions

- 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 the Dash Everything but salt. 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 same large skillet, heat 1 tablespoon of olive oil, then add veggies. Cook until tender
- Add garlic and cook for 1 minute
- Add chicken to veggies cook for 1 minute and then stir in the sauce
- Coat chicken and veggies with the sauce and cook until sauce thickens.

Serve over the cooked rice