|  |
| --- |
| b97d43_296573239b324bec8d13278f588fd3f7.jpeg***Teriyaki Chicken and Vegetable Stir Fry****MyPlate2Yours - Lynn Dugan*Serving Size: 4Ingredients1 pound boneless, skinless chicken breast, cut into 1/2 inch strips2 tablespoon oil, separated2 cloves garlic, minced1 small bell pepper, cut into strips (the size of matchsticks)1/2 cup shredded carrots1/4 cup sliced onion1 generous handful baby spinach1/4 cup soy sauce mixed with 2 teaspoons honey4 servings brown rice, prepared according to package directionsDirectionsHeat oil in skillet with medium-high heat. Quickly stir in garlic until garlic is fragrant and just begins to brown (be careful not to burn). Add chicken strips. Cook until lightly brown on all sides and no pink remains in middle. Remove from pan. Add another tablespoon of oil to the pan. When hot, add onions, peppers, and carrots. Stir fry until tender crisp, about 3-5 minutes. Return chicken to pan and add spinach. Stir fry until spinach wilts. Stir the soy sauce/honey mixture and add to pan. Stir fry to heat sauce. Serve over rice and enjoy! |