

Chicken Stir Fry

- 4 (4oz) boneless chicken breast halves
- 3 tablespoons cornstarch
- 2 tablespoons soy sauce
- ¼ teaspoon ground ginger
- ¼ teaspoon garlic powder
- 2 cups broccoli florets
- 1 cup sliced celery (1/2 inch pieces)
- 1 cup of thinly sliced carrots
- 1 cup bean sprouts
- 1 small onion (cut into wedges)
- 1 cup water
- 1 tablespoon of sesame seeds if desired
- 1 tablespoon of chicken bouillon

1. Cut Chicken into ½ inc strips, place in resealable plastic bag. Add cornstarch and toss to coat. Combine soy sauce, ginger and garlic powder, add to bag and shake well. Chill for 30 minutes.

In a large skillet or wok, heat 2 TB spoons of oil, stir fry chicken until no longer pink remove and keep warm. Add remaining oil and stir fry broccoli, carrots, sprouts and onion. Add water and bouillon – return chicken to pan and stir fry to thickened and bubbly