



Teriyaki Chicken Stir-Fry

INGREDIENTS:

- 2 chicken breasts
- ½ cup soy sauce (reduced sodium)*
- ½ teaspoon ground ginger
- 1 clove garlic, minced
- ½ cup water
- 2 tablespoons sugar
- 1 large onion, chopped
- 1 green pepper, chopped
- 1 cup mushrooms, sliced
- 2 tablespoons cornstarch
- 2 tablespoons water

*To reduce sodium even more, use ¼ cup soy sauce & ¼ cup water. Making this change will reduce the sodium content to 610 mg per serving

Source: Cooking with Extension / **Yield:** 4 servings | 160 Calories per serving.
 Total fat 2g; Protein 2g; Total carbohydrate 21g; Dietary fiber 2g, Sodium 1140mg.

DIRECTIONS:

1. Wash hands and any cooking surface.
2. Cut chicken into 1-inch cubes.
3. Combine soy sauce, ginger, garlic, ½ cup water, and sugar in a small bowl. Add chicken and soak 30 to 60 minutes.
4. Wash vegetables. Slice mushrooms. Chop onions and bell peppers. Mince garlic.*
5. Over medium-high heat, stir-fry chicken in water or broth until done. Remove from pan and keep warm.
6. Add vegetables to pan and stir-fry until crisp tender.
7. Add chicken back into pan.
8. Combine cornstarch and 2 tablespoons water; add to pan and cook until thick.
9. Serve with brown rice.

*Personalize this recipe with your favorite fresh or frozen vegetables.