

RECIPE

Sizzling Rice & Chicken

Makes 4 servings.



INGREDIENTS

- 3 cups cooked brown rice
- 3 tablespoons low-sodium soy sauce
- 1/4 cup water
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 1 1/2 tablespoons oil
- 16 oz boneless chicken
- 2 cloves garlic, minced
- 1 onion, cut (fresh or frozen)
- 1 bell pepper, cut (fresh or frozen)
- 1 1/2 cups broccoli florets (fresh or frozen)

1. Mix soy sauce, water, honey, & cornstarch in bowl. Set aside.
2. Heat oil in large skillet. Add garlic and saute for one minute.
3. Add chicken. Cook for about 5-6 minutes..
4. Add vegetables and cook until slightly tender. Push to sides of skillet.
5. Pour soy sauce mixture into center of skillet. Stir sauce until it thickens.
6. Mix in with chicken and vegetables.
7. Serve over brown rice.

*** Use vegetables you already have for this recipe. Try carrots, mushrooms, sugar snap peas, or cauliflower.

Nutrition Facts:

Calories 410, Fat 10g, Saturated fat 2g, Carbs 49g, Fiber 6g, Sugar 0g, Sodium 580mg, Protein 30g

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