

# Chicken & Vegetable Stir-Fry



PREPARATION TIME  
10 minutes



COOKING TIME  
10 minutes



PERFECT PARTNER  
white rice



Why buy expensive frozen lunches or dinners? Double this recipe and freeze in individual portions up to 3 days ahead. Add to lunch boxes or pop in the microwave for a quick-to-fix dinner.

## SHOPPING LIST

- chicken breasts
- green onions • chicken broth
- frozen Oriental mixed vegetables

## ON HAND

- oil • garlic • salt
- ground ginger • cornstarch

## INGREDIENTS

- 3 skinless, boneless chicken breasts (4 ounces each)
- 1 tablespoon vegetable oil
- 2 green onions, sliced
- 1 tablespoon minced garlic
- $\frac{3}{4}$  teaspoon salt
- 1 teaspoon ground ginger
- 1 (16-ounce) package frozen Oriental mixed vegetables
- 1 cup chicken broth
- 1 tablespoon cornstarch mixed with 1 tablespoon water

SERVES 6

## COOK'N Express

- Freeze the chicken breasts for about 15 minutes before cutting. The partially frozen meat will be easier to slice.
- Use kitchen shears to snip the visible fat from the chicken breasts. It's quicker than using a knife.

## Make Ahead

Prepare chicken as recipe directs in step 1. Wrap tightly in plastic wrap, then in aluminum foil. Store chicken in the refrigerator up to 2 days ahead of time or freeze for longer storage.

- 1 Trim fat from chicken. Slice chicken into 1-inch strips.



- 2 Heat a large skillet over medium heat. Add a water droplet to test heat of skillet. Once skillet is hot, add oil. Place chicken in skillet and stir-fry for about 5 minutes.

- 3 Add green onions and garlic to skillet. Cook, stirring, for 2 minutes. Stir in salt and ginger. Add mixed vegetables and broth. Bring to a boil; cook until vegetables are heated through, about 3 minutes.



- 4 Add cornstarch mixture to skillet; stir and bring to a boil. Boil until sauce has thickened. Remove skillet from heat. Serve immediately.

## ◆ VARIATION

Try an easy seafood stir-fry. Substitute  $\frac{3}{4}$  pound of medium shrimp for the chicken. Decrease cooking time to 2 to 3 minutes.