

Stir Fry & Rice

Prep: 10 minutes // Cook: 10 minutes // Total: 20 minutes // Servings: 6

Ingredients:

- 1 tablespoon olive oil
- 1 to 2 pounds boneless skinless chicken breasts, cubed or cut into thin strips
- salt and pepper
- 8 oz baby bella or white button mushrooms, stems removed and quartered
- 1 medium yellow/red onion, halved and cut into thin half moon slices
- 3 cups fresh broccoli florets
- 2 cloves garlic, finely minced
- 2 teaspoons grated fresh ginger

Sauce:

- ½ cup BBQ sauce
- ⅓ cup low-sodium soy sauce
- 2 to 3 tablespoons pure maple syrup
- ¼ cup chicken broth, veggie broth/water
- hot cooked rice or quinoa, for serving

Instructions:

1. In a large, nonstick skillet, heat the oil over medium-high heat until hot and rippling. Season the chicken lightly with salt and pepper. Add it to the skillet in a single layer, and let it cook without stirring for 30 seconds so it browns nicely. Flip the chicken pieces, and stir until cooked through, 4-5 minutes (less if the chicken is in really thin strips or small cubes).
2. Remove the chicken to a plate, keeping any excess oil or juices in the skillet.
3. Add the mushrooms, peppers, onions, and broccoli to the hot skillet; add another teaspoon or so of oil if the skillet is dry. Cook for 1-2 minutes and then add the garlic and ginger. Cook over medium heat, stirring occasionally, until the vegetables are crisp-tender, 5-7 minutes (longer if you like the vegetables softer).
4. Add the chicken back into the skillet.
5. Whisk together the sauce ingredients and pour over the chicken/veggies. Cook, stirring, until well coated, hot and bubbly. Serve over hot, cooked white or brown rice.

Notes:

Ginger: tip is to cut large knobs of fresh ginger into 1-inch pieces, toss them in a freezer ziploc bag and pop them in the freezer. When you need fresh ginger for a recipe, take out a piece of ginger and grate it, frozen, on the small holes of a box grater or on a rasp grater. Ginger paste works great in this recipe.

Sauce: if you want your sauce a little thicker, try stirring in a couple teaspoons of cornstarch before adding it to the stir fry.

Meat: you could also change up the chicken for beef, shrimp, or leave it meatless.