

# Title: Sizzling Chicken and Veggies with Brown Rice

<u>Code</u>
\$, DF, GF

<u>Nutrition Facts:</u>	
Yield	4
Calories	410
Total Fat	10 g
Sat Fat	2 g
Sodium	558 mg
Added Sugar	4 g
Fiber	6 g
Carbohydrates	49 g
Protein	30 g

## Ingredients Needed:

- 3 cups hot cooked brown rice
- 3 tablespoons low-sodium soy sauce
- 1/4 cup water
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 1 1/2 tablespoons canola or corn oil
- 16 ounces boneless chicken breast (1 inch cubes)
- 2 cloves garlic (minced)
- 1 small white onion, cut into small wedges
- 1 cup carrots, peeled and thinly sliced
- 1 1/2 cups broccoli florets
- 1 medium red bell pepper, chopped



## Recipe Directions:

- Mix soy sauce, water, honey, and cornstarch in a small bowl; set aside.
- Heat oil in a wok or large skillet. Add minced garlic; sauté about 1 minutes until garlic is golden.
- Add chicken; cook about 5-6 minutes, then push chicken to the side.
- Add onions to center of skillet; cook until slightly tender and push to the side.
- Continue with carrots, broccoli, and peppers separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
- Pour soy sauce mixture into center of skillet. Leaving other ingredients and at the sides of the pan, stir sauce until it thickens.
- Mix in with vegetables and chicken. Serve immediately over cooked brown rice.