

# Super Foods Stir Fry

1 lb. boneless, skinless chicken breasts or thighs, cut into bite-sized pieces

1-1/2 T Olive Oil

1T honey

3 cloves garlic, minced

Variety of veggies: mushrooms, peppers, broccoli, onion, carrots etc.

--cut into bite-sized pieces

Basic Sauce:

3T soy sauce

3T rice wine vinegar

1/2 t crushed ginger

1T plum or hoisin sauce

1/2 t crushed red chili

[think: sweet, sour, salty, spicy...see handout for more ideas]

Preheat pan with olive to medium-high. Season chicken and saute 1 minute.

When browned, add honey to pan and saute, tossing well, for 2 minutes. Add garlic.

Start adding veggies in order from longest-cooking to shortest-cooking

Add sauce elements to pan, stirring and tossing as veggies cook.

Veggies should be al-dente, not soft, when stir fry is done.

## **Captain's Note:**

*ENDLESS POSSIBILITIES here!*

*Vary your veggies, try it over rice, or over noodles, or wrapped in a whole-wheat tortilla. Play with sauces and other proteins like shrimp, or tofu.*

*Keep it loaded with flavor and you'll never get bored!*

*We use olive oil, but canola or flaxseed oil are also great choices. Get your exotic flavor from a sprinkling of peanuts, or coconut...not the oils themselves.*