

# Main Course

## Vegetable Chicken Stir Fry

*\* Gluten-Free*

Stir fry is the act of continuously stirring while cooking the food in a small amount of fat. Stir fries are very versatile so switch up the veggies and protein source as you would like.

### You'll Need

- 1/2 pound boneless, skinless chicken breast
- 1/2 tablespoon butter
- 1 1/2 cups chopped vegetables of choice
- 1 tablespoon soy sauce
- 1/8 teaspoon pepper
- 1-1/2 teaspoon cornstarch or potato starch
- 1/2 cup chicken broth



### Directions

- Cut chicken into 3/4-inch strips and set aside.
- Melt butter in a large skillet or wok on medium heat. Add chicken and turn heat up to medium-high stirring continuously until it loses its pink color.
- Add mixed vegetables, soy sauce, and pepper and continue to stir fry.
- In a separate bowl, combine starch and chicken broth; stir well. Add broth mixture to chicken and vegetables, stirring until thickened. Reduce heat to low; cover pan and simmer 5 minutes.

### Play With Your Food

- Serve with rice
- Try with shrimp instead of chicken
- Use olive oil instead of butter