

CHICKEN BROCCOLI STIR FRY

INGREDIENTS

- 3 T Tamari sauce (low sodium) (gluten-free)
- 3 T Water
- 2 T Rice vinegar
- 2 T Honey
- 2 cloves Garlic (minced)
- 1/4 -1/2 t Crushed red pepper (depends on how spicy you like your food)

- 1 1/2 lb Chicken breasts (boneless((skinless) (cut crosswise into 1/2" thick slices)
- 2 T Healthy oil (divided)
- 1 1/2 lb Broccoli (stems peeled & sliced 1/4 " thick) (florets separated)
- 1 Lemon (halved lengthwise & thickly sliced crosswise) (seeds removed)
- 1/2 C Water

- 2 t Cornstarch
- 1 T Water
- 2 T Sesame seeds (toasted)



DIRECTIONS

- 1 In a large shallow bowl, whisk together tamari sauce, 3 T water, vinegar, honey, garlic & crushed red pepper
- 2 Pour 1/2 the mix into another bowl
- 3 Place the chicken in the shallow bowl & marinate it for 15 minutes
- 4 Heat 1/2 T oil in a large saute pan at a medium-high heat
- 5 Add 1/2 the chicken, cook, toosing often until brown & cooked thru (2-3 minutes) & then transfer the chicken to a plate
- 6 Add another 1/2 T of oil & repeat the process with the other 1/2 of the chicken
- 7 Wipe the pan with a paper towel
- 8 Add the last 1 T of oil & heat the pan with medium high heat
- 9 Cook broccoli & lemon tossing often until the broccoli is bright green (3 minutes)
- 10 Add 1/2 C water & cook until the broccoli is tender (5 minutes)
- 11 In a small bowl mix the cornstarch, water & toasted sesame seeds
- 12 Add the cornstarch mix , chicken & any juices from the plate to the broccoli
- 13 Bring mix to a low boil & stir until thickened (1 minutes)
- 14 Sprinkle with sesame seeds

