

COOKING FOR WELLNESS

AP Stir Fry

Serves 2

Ingredients

2 cups of fresh vegetables (carrots, onions, broccoli, bell peppers, green onions, etc.)
½ cup chicken breast or protein of choice, sliced against the grain and patted dry
¼ tsp ginger, garlic, or red chillies
½ cup of water chestnuts, drained and halved
2 tbs refined olive oil, soybean, or peanut oil

Sauce

¼ cup hoisin sauce
¼ cup light coconut milk
2 tablespoons light soy sauce
2 tablespoons of rice vinegar
2 tablespoons cornstarch + 3 tablespoons of water

Instructions

1. In a medium bowl, whisk water and cornstarch until combined. Add remaining sauce



ingredients to bowl. Whisk and set aside.

2. Heat half of the oil in skillet or wok over high heat.

3. Add ginger, garlic, or red chillies and stir for 10 seconds.

4. Add the protein (and onions if using). Let the protein sit for 30 seconds before flipping.

5. Allow to cook until 3 minutes from being fully cooked.

6. Remove from skillet.



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7. Add the remaining oil and heat skillet again.
8. Add the vegetables starting with firmest ones first. Cook for 30 seconds - 1 minute in between each addition until vegetables are cooked and crisp.
9. Add protein back in skillet and stir to combine.
10. Add sauce of choice and stir until sauce begins to thicken about 15 seconds.
11. Add softest vegetables like leafy greens, cilantro, green onions.

Nutrition Information 1 serving

375 Calories 18 g fat, 14 g carb (5 g fiber, 3 gm sugar) 32 gm protein, 375 mg sodium



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