



Chinese Garlic Chicken

Servings: 6

Serving Size: 1g

Ingredients:

1.5 lbs chicken breast
1 bunch of scallions or green onions
1 red bell pepper
1 cup broccoli
1 cup carrots
3-4 tbsp cooking oil
5 medium cloves of garlic
1 inch of fresh ginger or 1 tablespoon rehydrated ginger

Thickener:

1.5 tbsp corn starch
2 tbsp liquid aminos

Stir Fry Sauce/Marinade:

1/3 cup liquid aminos
1/3 cup water or chicken broth
1 tbsp rice vinegar
1 tbsp sesame oil
2 tbsp honey

Instructions:

1. Start with cutting the chicken into 1-inch cubes
2. In a large mixing bowl, whisk together the marinade. Add the chicken to the marinade. Cover and marinate for 20 minutes to overnight.
3. Mince the garlic, and fresh ginger. Chop the scallions. Thinly slice the red bell pepper, carrots, and broccoli. Set aside.

4. Heat 2-3 tbsp oil in a skillet on medium to high heat. Sear the chicken and marinade on all sides until cooked through, about 6-8 minutes, add all the vegetables, garlic and ginger.
5. Make the thickener, stir well.
6. Pour the thickener to the chicken and vegetable mixture.
7. Turn down the heat to low and continue to stir and cook the garlic chicken stir fry for 1 minute or until the sauce starts to thicken up and bubble in the edges. If the liquid doesn't get thick enough make another batch of thickener and add it to the chicken mixture. Chicken should be 165 degrees before eating.

Nutrition: 408 calories, 5 grams carbohydrate, 23 grams protein