

Vegetable Chicken Stir-Fry

Ingredients:

1 pound boneless, skinless chicken breasts, thinly sliced
1 clove garlic, minced
1-2 tablespoons minced fresh ginger
1 tablespoon olive oil
1/2 cup peeled and thinly sliced carrots (1 medium carrot)
1 cup sliced zucchini (1 small zucchini)
1/2 cup chopped celery
1 cup snow peas, rinsed (about 3 ounces)
1 tablespoon tamari
1 teaspoon seasoned rice vinegar
3 cups hot cooked brown rice
2 teaspoons toasted sesame seeds



Directions:

In a large skillet, stir-fry chicken, garlic, and ginger in hot olive oil for about 10 minutes. Add carrots, zucchini, celery, and snow peas; stir and cook about 5 minutes or until vegetables are tender-crisp. Add tamari and rice vinegar. Stir to mix well. Simmer, covered, 5 minutes or until heated through. Serve over hot rice, sprinkled with sesame seeds.