

# CHICKEN STIR FRY

## By Chef Stephen Forman



### DIRECTIONS:

1. Cook rice according to package directions.
2. In a medium frying pan, heat  $\frac{1}{2}$  of the sesame oil, add the broccoli, carrots, and snap peas. Cook for 2 minutes and stir. Once soft, remove from pan and set aside.
3. Bring the pan back to medium heat. Add chicken pieces and cook for 3 minutes. Continue to move the pan while the chicken is cooking. Remove from heat, and place chicken on a plate.
4. Bring pan back to medium heat and add the other  $\frac{1}{2}$  of sesame oil. Add the garlic and stir quickly, while moving the pan. Add back the chicken and vegetables, continue to stir.
5. Add cornstarch and cook for 1 minute. Add honey and soy sauce, cook until sauce is smooth.
6. Serve with  $\frac{1}{2}$  cup of rice, enjoy!

### INGREDIENTS:

- 1 lb. chicken breast, chopped
- 1 crown broccoli, cut into small florets
- 2 carrots, chopped
- 2 cups snap peas
- 3 cloves garlic, minced
- $\frac{1}{4}$  cup sesame oil
- 1 Tbsp. honey
- $\frac{1}{4}$  cup low-sodium soy sauce
- 1 cup brown rice

### Nutrition Facts

servings per container

Serving size

1 Bowl

Amount per serving

**Calories**

**390**

% Daily Value\*

Total Fat 13g 17%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 480mg 21%

Total Carbohydrate 45g 16%

Dietary Fiber 7g 25%

Total Sugars 9g

Includes 3g Added Sugars 6%

**Protein 25g**

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 3mg 15%

Potassium 803mg 15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For more recipes visit  
[healthyoptionsbuffalo.com](http://healthyoptionsbuffalo.com)

# MEAL KIT SHOPPING LIST

## Week 3: Chicken Stir Fry

### Fruit:

- No fruit this week

### Vegetables:

- 1 head of broccoli - \$1.00
- 1 bag of carrots - \$1.69
- 1 package of snap peas - \$2.50
- 1 head of garlic - \$0.90

### Protein:

- 1 package chicken breast - \$8.99

### Dairy:

- No dairy this week

### Grains:

- 1 16 oz bag brown rice - \$0.99

### Herbs, Spices & More:

- 1 bottle honey - \$3.69
- 1 bottle low-sodium soy sauce - \$3.29
- 1 bottle sesame oil - \$3.99
- 1 package corn starch - \$1.39

  
Cooking at Home

Grocery cost: \$27.66

Recipe cost: \$12.78

Cost per meal: \$2.13

\*prices found at your local Wegmans store