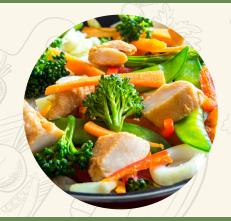
# CHICKEN STIR FRY By Chef Stephen Forman



#### **DIRECTIONS:**

- Cook rice according to package directions.
- 2.In a medium frying pan, heat ½ 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 ½ 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 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
- 1/4 cup sesame oil
- 1 Tbsp. honey
- 1/4 cup low-sodium soy sauce
- 1 cup brown rice

servings per container

### **Nutrition Facts**

Serving size 1 Bowl Amount per serving Calories % Daily Value Total Fat 13g Saturated Fat 2g 10% Trans Fat 0g 18% Cholesterol 55mg Sodium 480mg 21% Total Carbohydrate 45g 16% Dietary Fiber 7g 25% Total Sugars 9g Includes 3g Added Sugars 6% Protein 25g

"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.

0%

8%

15%

15%

Vitamin D 0mcg

Calcium 100mg

Potassium 803mg

Iron 3mg

For more recipes visit healthyoptionsbuffalo.com

# **MEAL KIT SHOPPING LIST Week 3: Chicken Stir Fry**

### Fruit:

· No fruit this week

#### **Protein:**

1 package chicken breast - \$8.99

### **Grains:**

• 116 oz bag brown rice - \$0.99

# 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

## Dairy:

· No dairy this week

# Herbs, Spices & More:

- 1 bottle honey \$3.69
- 1 bottle low-sodium sov sauce \$3,29
- 1 bottle sesame oil \$3.99
- 1 package corn starch \$1.39

Healthy Options.
Cooking at Home

Grocery cost: \$27.66 Recipe cost: \$12.78

Cost per meal: \$2.13

\*prices found at your local Wegmans store