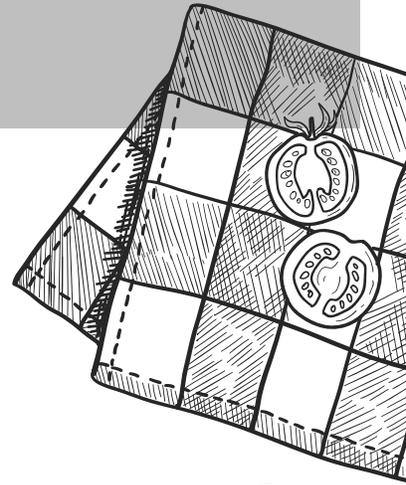




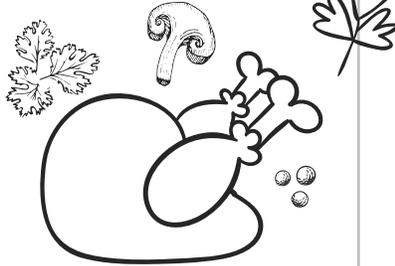
DIABETES-FRIENDLY MEAL



CHICKY BOOM STIRFRY



SERVINGS:



⌚ Prep time + Cook time: **20min**

🔥 Calories: **180kcal** per serving

INSTRUCTIONS:

1. Add olive oil to a non-stick skillet over high heat. Add the frozen vegetables and sauté for 5-7 minutes.
2. While the vegetables are sautéing, whisk the broth, soy sauce, corn starch, garlic and black pepper in a bowl until combined.
3. Add the chicken and sauce to the pan and sauté another 5-7 minutes, until chicken is heated through and sauce is thickened.
4. Serve or let cool then store in an airtight container in the refrigerator for up to 1 week.

INGREDIENTS:

2 tbsp lower sodium soy sauce

2 tsp corn starch

1 14-ounce bag frozen stir-fry vegetables

1/2 tsp ground black pepper

1 tbsp olive oil

1 clove garlic
(minced or grated)

1 1/2 cup cooked chicken
(shredded)

1 cup low sodium chicken broth

