



Chicken Stir Fry

Yield: 4

Cost Per Serving: \$1.38

Cook Time: 20 minutes

Ingredients:

- 1 ½ cup cooked chicken
- 14 oz stir fry vegetables (canned or frozen)
- 1 Tbsp soy sauce (lower sodium)
- 1 clove garlic (minced)
- 1 cup chicken broth (no salt added)
- 1 Tbsp olive oil
- 2 tsp corn starch
- ½ tsp black pepper

Directions:

1. Add olive oil to a non-stick skillet over high heat. Add the canned vegetables and sauté for 5-7 minutes.
2. 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.

Recipe adapted from: American Diabetes Association
*Based on Walmart prices 05/22