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Ginger Basil Chicken and Rice

Ingredients:

8 oz. chicken breast, thinly sliced (or more if you're cooking in bulk)
1 red bell pepper, thinly sliced
1 carrot, thinly sliced
1 cup broccoli, broken into small florets
1 tbsp canola oil
2 cloves minced garlic
1 tbsp grated ginger or ginger paste
5 large basil leaves, chopped
Soy sauce, to taste
Cooked white rice, amount dependent on carbohydrate and calorie needs

Directions:

1. Cook peppers, carrots, and broccoli in olive oil until desired doneness.
2. Once veggies are cooked, add chicken breast slices, and cook until chicken is just about done.
3. Add garlic, ginger, and soy sauce.
4. Remove from heat and mix in chopped basil leaves.
5. Mix with white rice.
6. If desired, add honey, cilantro, green onions, and lime juice.