



Fitmencook's Healthy Stir-Fry

Sauce ingredients:

Low-sodium tamari (or Bragg Liquid Aminos or low-sodium soy sauce) 3 tbsp
Ginger, freshly grated or use paste 1/2 tbsp
Rice vinegar 1 tbsp
Raw honey or brown rice syrup 1 tbsp (optional)
Orange juice 1 orange
Arrowroot starch 1-1/2 tbsp

Stir-fry Ingredients:

Raw chicken breasts, cut into chunks 1.5 lbs.
Shelled edamame 1 cup
Colorful bell peppers, chopped 1 cup
Celery, chopped 1/3 cup
Cremini mushrooms, chopped 1/2 cup
Broccoli florets 1 cup
Green onion, chopped 1/3 cup
Garlic, paste or minced 1/2 tbsp
Extra-virgin olive oil 2 tbsp, divided

Directions:

1. Combine all of the sauce ingredients in a small bowl. Ensure all of the white clumps from the starch have been removed.
2. Set a nonstick skillet or wok on medium-high heat, and add 1 tablespoon olive oil. Add the raw, chopped chicken breasts, and cook for about 5-6 minutes, until the chicken is about 80 percent cooked. (There should be no visible pink pieces.) Set the chicken aside in a bowl so you can cook the veggies.

3. Set the same nonstick skillet or large wok on medium-high heat and add the remaining 1 tablespoon of olive oil. Add the garlic and chopped green onions, and begin to sauté; for about 2 minutes. The green onions should be brown.
4. Add the raw veggies to the skillet and begin to sear them. You want some "crunch" in the veggies when you eat the stir-fry, so be careful not to overcook them.
5. Cook the veggies for about 7-8 minutes, then add the chicken back to the stir-fry and mix everything together.
6. Reduce the heat to medium, and move the chicken & veggie mixture to one side of the skillet to create room for the sauce.
7. Pour the sauce into the empty side of the skillet and allow the sauce to simmer. Once it begins to simmer, quickly mix everything together. Instant restaurant-style stir-fry!
8. Divide into your meal-prep containers with your choice of complex carbohydrate.

Tip: The arrowroot starch acts as a thickening agent when heated, so make sure to let the sauce heat up and begin to simmer before mixing.

Nutrition Facts:

Serving size: 1 bowl (without rice or pasta)

Recipe yields 4 servings

Calories 355 calories

Fat 11 g

Carbs 17 g (2 g fiber)

Protein 46 g