

The Easiest Stir-Fry Ever!

Hands-on - 30 min.

Serves 6

Looking for a “Stir-Fry for Dummies”? Here you go! Absolutely no chopping and no sauce making. Make it with or without chicken.

Menu

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Brown Rice

2 Chocolate Graham Crackers or Fortune Cookies

3/4 cup **Uncle Ben’s whole-grain instant brown rice, dry**

1 1/3 cups **water**

Place rice and water in a medium nonstick saucepan. Cover, bring to a boil and reduce heat to medium-low. Set timer for 5 minutes. When timer sounds, remove from heat and allow to sit, covered.

1 small **onion**

3 **(4 oz each) skinless, boneless chicken breasts (opt)***

Meanwhile, cut onion into wedges and chicken into strips.

1 T **oil (canola or sesame)**

Heat in a nonstick wok over medium-high heat. Add onion and chicken. Stir-fry until chicken is browned.

2 bags **(16 oz each) frozen mixed stir-fry vegetables**

Add to wok (no need to thaw). Cook 11 to 13 minutes to desired tenderness. (It’s ready when the water from the vegetables evaporates.)

1 jar **(10 oz) La Choy sweet & sour sauce**
1/2 cup **slivered almonds or chopped walnuts or cashews**

Stir in. Let cook 2 more minutes, then serve over brown rice. Save room for dessert.

**As another option 12 oz. extra-firm tofu cut into strips works great instead of chicken.*

Nutrition information for scant 1 cup stir-fry (with chicken) over 1/2 cup rice

Calories	347	Fat	9 g	Fiber	8 g	Sodium	338 mg	Total Carbohydrate	44 g
Calories from Fat	23%	Saturated Fat	<1 g	Cholesterol	33 mg	Protein	20 g	Sugars	15 g