

CHICKEN CABBAGE STIR-FRY

Ingredients

3 chicken breast halves
1 teaspoon vegetable oil
3 cups green cabbage, shredded
1 tablespoon cornstarch
1½ teaspoon ground ginger
1¼ teaspoon garlic powder
1½ cup water
1 tablespoon Soy sauce, low sodium

Directions:

1. Cut chicken breasts into strips.
2. Heat oil in a frying pan.
3. Add chicken strips and stir fry over medium-high heat, turning constantly until done.
4. Add cabbage and sauté 2 minutes until cabbage is crisp-tender.
5. Mix cornstarch and seasonings; add water and soy sauce, and mix until smooth.
6. Stir sauce into chicken/cabbage mixture.
7. Cook until sauce has thickened and chicken is coated, about 1 minute.
8. Refrigerate leftovers within 2 hours.

Notes:

- Add bell peppers or carrots for color.
- Try with broccoli.