

Chicken/Broccoli Stir-“Fry”

A couple weeks ago, I found myself getting a little bored with my typical dinner of chicken and veggies, so I dug around in the fridge and came up with this. Quick and easy!

Chicken Broccoli Stir-“Fry”

- 1 6 oz chicken breast, diced
- 1-2 cups sliced mushrooms
- 2 cups broccoli, florets, cut into small pieces
- 2 green onions, sliced
- 1-2 tbs Bragg’s Aminos (I honestly did not measure, but tend to use less due to sodium content – a little goes a long way with this)
- 2 garlic cloves, minced
- 1 tbs fresh, minced ginger

Spray a large pan or wok with nonfat cooking spray. Brown chicken on both sides on high heat for a couple minutes. Add the rest of the ingredients and let cook on high for a couple more minutes before reducing heat to medium, stirring everything as you go. Continue stirring until chicken is done and veggies are cooked to desired consistency.

I hope you enjoy!!

Xoxo
Tara