

Zesty Stir Fry



INGREDIENTS

- 1 medium onion, sliced in thin rings
- 2 scallions, sliced in 1" pieces
- 1 bag of frozen steamed fresh vegetables, defrosted
- 1 tbsp garlic powder
- 1 tbsp cumin
- 1 tbsp chili powder or Cajun spice
- 1 tbsp paprika
- 2 cups zucchini, peeled and julienned (alternative to noodles)
- 2 skinless boneless chicken breast fillets
- 2 tbsp vegetable oil
- ½ cup water
- 2 tbsp light soy sauce

DIRECTIONS

Bring a pot of water to a boil and add julienned zucchini. Blanch it for 3 minutes and put in colander to strain. Pat dry with paper towel and set aside.

Wash and dry the chicken breasts and cut into thin strips. Heat the vegetable oil in frying pan or wok and add the garlic, chicken and ginger. Stir fry for 2 minutes and add all other ingredients except cooked zucchini. When done you can serve stir fry over "zucchini noodles" or gently stir them into mixture like lo mein.

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ONE RECIPE – MANY TASTES

(You may substitute fresh vegetables for frozen and fish or other lean protein for chicken)