

How to Cook a Chicken Breast/Pork/Beef- Choose one

1. Heat skillet to med heat and spray lightly with cooking spray
2. Use a cutting board and utility knife, cut the chicken into thin strips. Then cut the thin strips into small bit size chunks
3. Add to the wok with about a TB of oil
4. Use a tuner/wooden spoon to move the meat around in the pan
5. The meat is done when you can cut though a piece with the turner and it is not pink inside.
6. Add prepared vegetables
7. Stir fry veggies until just tender, still a little crisp, bright in color

Veggie Prep- Choose up to four

1. Wash all fresh veggies
 - a. One Carrot: Peel carrots, and cut into julienne pieces.
(I will show you this)
 - a. Water Chestnuts: drain can and cut in half or juilenne pieces
 - b. Baby corn: ½ cup, drain off the water in the can.
 - c. Broccoli: 1 cup wash and break off/ cut little "trees" of broccoli
 - d. Cauliflower: 1 cup wash and cut into t pieces
 - e. Snow peas: ½ cup, take out of the given container, wash
 - f. Pineapple: ¼ cup, cut into smaller pieces
 - g. peppers: ¼ of the pepper cut into small strips
 - h.

Sauce

½ cup chicken broth

1 TB spoon cornstarch

¼ tsp ground ginger

you may add other seasonings as well, but taste as you go.

Add to the wok when the veggies are almost done. Your stir fry is ready when the sauce has thickened.

Rice

In a microwave safe dish combine 1 cup water and 1 cup rice.

Cover with plastic wrap

Microwave on high for 7 minutes

Take out of microwave. Do not uncover, let stand for 5 minutes

Uncover , fluff the rice with a fork and serve