Chicken Stir Fry

Serves 4

1 tablespoon oil (Grapeseed, olive oil, or coconut oil)

1 5 ounce bone less skinless chicken breast, cut into strips

1 medium onion sliced thin

½ tablespoon fresh grated ginger

1 clove garlic

1/2 cup broccoli flowerets

1 red bell pepper julienned

½ cup snow peas

1 carrot cut matchstick

3 Tablespoons of bottled stir fry sauce or use the following recipe:

½ cup orange juice

2 tablespoons soy sauce

2 tablespoons rice vinegar

1 tablespoon oyster sauce

1 tablespoon orange zest

2 large garlic cloves minced

1 teaspoon fresh ginger minced

1 teaspoon sugar

1 teaspoon cornstarch

For The Sauce:

Place all the ingredients in a saucepan stir to remove all the clumps. Bring sauce to a boil over medium high heat.

For the Stir Fry:

Heat a large wok or skillet over medium heat.

Add the oil and heat for 1 minute.

Add the chicken and cook till golden brown, about 3-4 minutes.

Add the onion and cook for 2 minutes longer.

Add the ginger and garlic and cook 1 minute longer, toss in the remaining vegetables, tossing to cook all evenly. Cover for 1 minute to help steam the veggies slightly.

Add the stir fry sauce and cook 1 minute longer.

Remove from heat and plate.