

Chicken Cabbage Stir-Fry

(An odds & ends recipe, helping to reduce food waste)



INGREDIENTS:

- 1 Tablespoon cornstarch
- ¼ to ½ teaspoon ground ginger
- 1 teaspoon garlic powder
- ½ cup cold water
- ¼ cup low sodium soy sauce
- 1/2 Tablespoon canola oil
- 1 – 2 cups fresh veggies, julienne or large dice
- This is the part where you clean out the frig
- Onion, peppers, carrots, broccoli (including the stem), celery...
- Leftover, cooked chicken breasted, cubed
- 3 cups more-or-less shredded cabbage (or kale or bok choy)

DIRECTIONS:

1. Whisk together the first 5 ingredients and set aside.
2. On the stove top, in a large, non-stick skillet or wok stir-fry the fresh veggies in the canola oil just until tender-crisp.
3. Add in chicken breast and stir-fry an additional minute or until chicken is heated.
4. Add in shredded cabbage and stir-fry about 30 seconds.
5. Reduce heat to medium/medium-high, add soy sauce mixture. Cook and stir for 1 minute until mixture thickens.
6. Serve over a cooked whole grain such as brown rice or quick cooking quinoa or barley. Can also serve over whole grain noodles.



**Grundy County
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