**Chicken Stir-Fry**

\*(chicken can be substituted with Tofu or a different meat as well)

Prep time: 15 mins

Cook time: 10 mins

Ready in: 25 mins

Servings: 4

Ingredients:

4 ounces boneless skinless chicken breast halves

3 Tbsp cornstarch

2 Tbsp soy sauce

½ tsp ground ginger

¼ tsp garlic powder

3 Tablespoons cooking oil, divided

2 cups broccoli florets

1 cup sliced celery

1 cup thinly sliced carrots

1 small onion, cut into wedges

1 cup water

1tsp chicken bouillon granules (chicken stock)

Directions:

1. Cut chicken into ½ inch strips; place in a resealable plastic bag. Add cornstarch and toss to cat. Combine soy sauce, ginger and garlic powder; add to bag and shake well. Refrigerate for 30 minutes.
2. In a large skillet or wok, heat 2 Tbsp of oil; stir-fry chicken until no longer pink, about 3-5 mins. Remove and keep warm. Add remaining oil; stir-fry broccoli; celery, carrots, and onion for 4-5 mins or until crisp-tender. Add water and bouillon. Return chicken to pan. Cook and stir until thickened and bubbly.