

Gluten Free

STIR FRIED CHICKEN & BROCCOLI

3 Tbs. dry sherry or chicken broth
1 tbs. reduced sodium, no wheat tamari soy sauce
1 tbs. hoisin sauce
1 tbs. grated ginger
1 tbs. corn starch
2 tbs. grape seed or peanut oil, divided
3 cloves garlic, minced
½ lb. broccoli florets (about 4 cups)
¾ lb. boneless skinless chicken breast or thighs, cut into ½ inch pieces.
2 scallions, sliced

Step 1:

In a small bowl, stir together sherry, soy sauce, hoisin sauce, ginger and corn starch. Heat 1 tbs. oil in a large, non stick skillet or wok over medium, high heat. Add garlic and stir fry for 30 seconds. Add broccoli and 1/3 cup water and cook until broccoli is bright green and all water has cooked off, about 2 minutes. Remove from skillet.

Step 2:

Add the remaining 1 tbs. oil and stir fry chicken until just cooked through, 2 to 3 minutes. Stir in soy sauce mixture and bring to a boil. Return broccoli to pan and toss with sauce. Sprinkle scallions on top. Sever with brown rice.

Serves 2