



Chicken Cabbage Stir Fry

Recipe Courtesy of Constance Whitted

3 chicken breast halves
1 tsp olive oil
3 cups green cabbage, shredded
1 Tbsp cornstarch
½ tsp ground ginger
¼ tsp garlic powder
½ cup water
1 Tbsp soy sauce

Directions:

1. Cut chicken breasts into strips.
2. Heat oil in a frying pan.
3. Add chicken strips and stir fry over medium-high heat, turning constantly until done.
4. Add cabbage and sauté 2 minutes until cabbage is crisp-tender. (This is when I add the optional carrot sticks and red peppers)
5. Mix cornstarch and seasonings; add water and soy sauce, and mix until smooth.
6. Stir sauce into chicken/cabbage mixture.
7. Cook until sauce has thickened and chicken is coated, about 1 minute.
8. Refrigerate leftovers within 2 hours.