

Chicken Stir Fry

Time: 20 minutes
Servings: 4

Ingredients:	Cost per ingredient:	Cost per recipe:	Cost per serving:
1 ½ cup - cooked chicken	\$6.12 / 2-pack of 12.5oz can	\$2.94	\$0.74
14oz - stir-fry vegetables (canned or frozen)	\$2.33 / 20oz frozen bag	\$1.64	\$0.41
2 TBSP - soy sauce (lower sodium)	\$1.58 / 15oz bottle	\$0.11	\$0.03
1 - clove garlic (minced)	\$1.80 / 3 bulbs	\$0.08	\$0.02
1 cup - chicken broth (lower sodium)	\$2.42 / 32oz container	\$0.61	\$0.15
1 TBSP - olive oil	\$3.94 / 17oz bottle	\$0.11	\$0.028
2 TSP - corn starch	\$1.54 / 16oz container	\$0.02	\$0.005
½ TSP - black pepper			
TOTAL:	\$19.73	\$5.51	Approx. \$1.38

*prices based on Walmart.com

Directions:

1. Add olive oil to a non-stick skillet over high heat. Add the canned vegetables and sauté for 5-7 minutes.
2. Whisk the broth, soy sauce, corn starch, garlic and black pepper in a bowl until combined.
3. Add the chicken and sauce to the pan and sauté another 5-7 minutes until chicken is heated through and sauce is thickened.



Allergens: Soy

Recipe adapted from American Diabetes Association.