



Ponca Tribe of Nebraska

Health Fair 2011

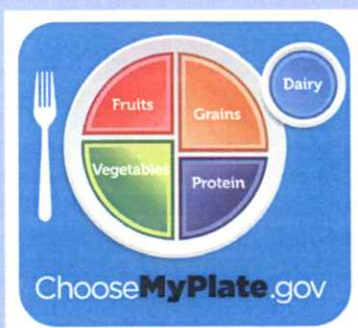
Jen's Chicken and Vegetable Stir Fry

Ingredients (makes 4 servings)

- 1 Sliced Yellow, Orange, Green or Red Pepper
- 1 Cup Chopped Carrots
- 1 Cup Chopped Broccoli
- 2 Boneless Skinless Chicken Breasts
- 1 Cup Onion
- 1 1/2 Cup Stir Fry Sauce
- 3 Tablespoons Vegetable Oil

Instructions

In a pan or wok, heat 2 tablespoons of vegetable oil. Saute all the vegetables until tender--appx. 20 minutes. Set aside. Add 1 tablespoon of vegetable oil in the pan or wok and cook chicken pieces until done--appx. 15 to 20 minutes. Add vegetables back to pan. Add sauce; completely stir and coat.



Ponca Healthy Cooking Demonstration