



## Chicken Stir Fry

### Instructions:

Mix the chicken cubes with soy sauce and garlic powder and set aside.

Coat a pan with 5 seconds of Pam and add the mushrooms, onion, and celery.

Cook on a high flame for 10 minutes, mixing constantly. (The mushrooms and onion will be soft, the celery will still be crunchy.)

Pour the vegetables into a parchment lined tin and set aside.

Place the chicken mixture in the frying pan and cook on high for 5 to 8 minutes or until done.

Add the chicken mixture to the vegetables and serve.

**1/2 the recipe counts as a main and a side**

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### Prep Time:

10 minutes

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### Cook Time:

20 minutes

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### Ingredients:

1/2 lb. chicken cutlets - cubed

8 oz. mushrooms - sliced

1 large onion - diced

3 stalks celery - chopped

3 TBSP. soy sauce

garlic powder to taste

Pam