



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 10 minutes or until done.

Add the chicken mixture to the vegetables and serve.

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

Prep Time:

10 minutes

Cook Time:

20 minutes

Ingredients:

3/4 lb. chicken cutlets - cubed

8 oz. mushrooms - sliced

1 large onion - diced

4 stalks celery - chopped

4 TBSP. soy sauce

garlic powder to taste

Pam