



Chicken Stir-Fry

*A medley of colorful vegetables
makes this dish a winner.*

To prepare and freeze

- 1 portion *Make-Ahead Chicken*
- 1 cup frozen shelled edamame (soybeans)
- $\frac{2}{3}$ cup prepared stir-fry sauce
- 2 medium carrots, peeled and cut into julienne strips
- 3 cups small broccoli florets
- 2 tbsp **Asian Seasoning Mix**

To finish and serve

- 1 tsp vegetable oil
- $\frac{1}{2}$ cup water
- 6 cups hot cooked rice
- Sliced green onions and coarsely chopped peanuts (optional)

1. Prepare and freeze

- In Bag 1, combine chicken, edamame and stir-fry sauce.
- In Bag 2, combine carrots, broccoli and seasoning mix.
- Seal Bag 2 and place into Bag 1; seal. Freeze for up to three months.

2. Finish and serve!

To cook and serve immediately

- Heat oil in **(12-in.) Skillet** over medium-high heat 1-3 minutes or until shimmering. Add contents of Bag 2. Cook 3-5 minutes or until broccoli is slightly tender.
- Add contents of Bag 1. Cook 3-5 minutes or until broccoli is crisp-tender and chicken is hot.
- Serve stir-fry with rice. If desired, garnish with sliced green onions and coarsely chopped peanuts.

To cook and serve from freezer

- Omit oil. Add contents of Bag 2 and water to **(12-in.) Skillet**; cover. Bring to a simmer over medium-high heat.
- Add contents of Bag 1 to Skillet; cover. Cook 4-6 minutes or until mixture is heated through and vegetables are crisp-tender, breaking chicken apart as necessary using **Bamboo Spatula**.
- Serve as directed above.

Yield: 6 servings

Nutrients per serving (excluding optional ingredients):

Calories 380, Total Fat 4 g, Saturated Fat .5 g, Cholesterol 45 mg, Carbohydrate 58 g, Protein 27 g, Sodium 1050 mg, Fiber 4 g