Peanut Sauce Stir Fry w/ Chicken Makes 4 servings

1 1/2 boneless skinless chicken breasts cut into 1" diameter pieces

2 cups frozen broccoli florets

2 cups frozen stir fry vegetable medley

1 T chopped fresh ginger

1 T chopped fresh garlic

1 T light soy sauce

2 T honey

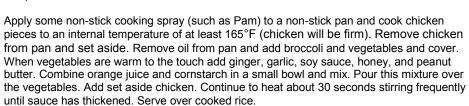
3 T natural peanut butter

1/4 t sal

1/4 cup orange juice (water can also be used)

2 t cornstarch

3 cups cooked brown rice



Nutrition information: 460 calories, 10g fat, 33g protein, 440mg sodium, 6g dietary fiber. Excellent source of: vitamin A, vitamin C. Good source of Iron.





