## Recipe: Chicken Vegetable Stir- Fry Yield:

## Ingredients: 1 cup uncooked chicken

## 1 medium onion

## ½ clove garlic

## 1 cube chicken bouillon dissolved in a ½ cup water

## ¼ head cauliflower

## 2 stalks celery sliced diagonally

## 1 medium zucchini sliced

## 1 carrot

## 3 Tbsp. oil

## 1 (16 oz.) can mixed Chinese vegetables

## 1 Tbsp. corn starch

## 1 tsp. season salt

**Directions:** Dredge chicken and sauté in oil. Mix in onions, garlic and mushrooms. Push chicken and vegetables up on the side of the wok. Add bouillon and place lid on wok to steam for three minutes stirring occasionally. Meanwhile, drain Chinese vegetables saving the liquid; set vegetables aside. Mix cornstarch to the reserved liquid. Add cauliflower, celery and push up on the sides of the wok. Blend in zucchini and steam for 1 ½ minutes. Add liquid, mixed Chinese vegetables, carrots and stir until thickened. Add seasoning and serve.