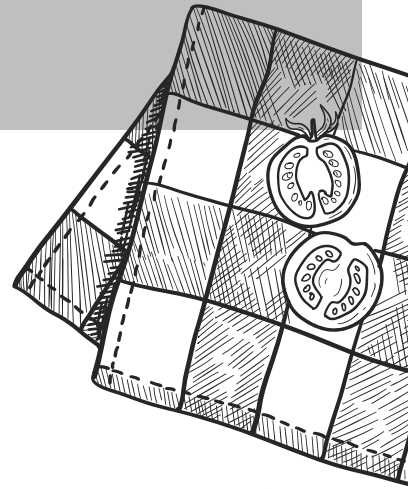




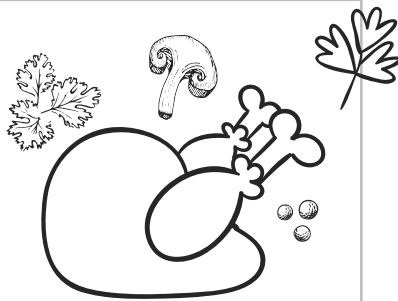
# DIABETES-FRIENDLY MEAL



## CHICKY BOOM STIRFRY



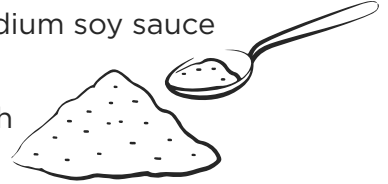
SERVINGS:



INGREDIENTS:

2 tbsp lower sodium soy sauce

2 tsp corn starch



1 14-ounce bag frozen stir-fry vegetables

1/2 tsp ground black pepper



1 tbsp olive oil



1 clove garlic  
(minced or grated)



1 1/2 cup cooked chicken  
(shredded)



1 cup low sodium chicken broth



## INSTRUCTIONS:

1. Add olive oil to a non-stick skillet over high heat. Add the frozen vegetables and sauté for 5-7 minutes.

2. While the vegetables are sautéing, whisk the broth, soy sauce, corn starch, garlic and black pepper in a bowl until combined.

3. Add the chicken and sauce to the pan and sauté another 5-7 minutes, until chicken is heated through and sauce is thickened.

4. Serve or let cool then store in an airtight container in the refrigerator for up to 1 week.

