

Sheet pan stir fry

Makes 4 servings

4 boneless, skinless chicken breast cut into 1" chunks
2 carrots, sliced
1 red bell pepper, thinly sliced
1 yellow bell pepper, thinly sliced
1 cup broccoli florets
1 cup snow peas
1 teaspoon sesame seeds
1 green onion, thinly sliced
Non stick oil spray

For sauce:
3 T reduced sodium soy sauce
1 T rice wine vinegar
1 T brown sugar, packed
1 T freshly grated ginger
2 cloves garlic, minced
1 t sesame oil
1 t cornstarch
1 t Sriracha

Preheat oven to 425F. Lightly oil baking sheet with nonstick spray. In a small bowl, whisk together sauce ingredients and set aside.

Place chicken, carrots, and peppers onto prepared baking sheet. Top with sauce and gently stir to combine. Place in oven to bake for 16-18 minutes or until chicken is cooked. Stir in broccoli and snow peas during last ten minutes of cooking time. Garnish with sesame seeds and green onions.

Modifications: substitute tofu or shrimp for chicken. Add additional vegetables like sliced eggplant, bok choy, or water chestnuts.



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