Stir Fry Asparagus and Chicken 8—6 ounce portions

Boneless/Skinless Chicken Breast *Slice thin* 10 ounces
Chopped Garlic 1TB +1/2 tsp
Minced Ginger 1TB +1/2 tsp
Lite Soy Sauce 2 TB +1 1/2 tsp
Corn Starch 2 TB +1 1/2 tsp
Sherry 1TB +1/2 tsp
Olive Oil 2 TB +1 1/2 tsp
Blanched Asparagus 1 and 1/2 pounds
Red Onions *Julienne* 5 ounces
Carrots *Slice on a bias* 6 ounces
Red Peppers *Julienne* 5 ounces
Chicken Stock 1 and 1/4 cup
Brown Sugar 1TB +1/2 tsp

1. Combine and mix half of each ginger, garlic, soy sauce
2. Add the sherry, 1 tablespoon of cornstarch and chicken. Marinate for 15 minutes
3. In a hot pan add 1 tablespoon of the oil. Add the asparagus and carrots, cook for 2 minutes
4. Add the red onions, 1/4 cup of stock, brown sugar, and the remaining ginger, garlic, and soy sauce. Cook for 2 minutes.

5. Transfer to a bowl and hold for later use

6. Heat the remaining oil. Cook the chicken until browned and cooked through

7. Add the remaining stock and cornstarch. Cook for 1 minute

8. Add the asparagus mixture, toss to coat. Cook until heated through

9. Hold for service