

Chicken Stir Fry with Basmati Rice
(serves 4)

3 boneless, skinless chicken breasts (cut into bite size pieces).
1T olive oil
1 T chopped ginger
2 T chopped garlic
Remainder of cabbage from the night before !
3/4 C Basmati Rice
S and P to taste
Glaze (see below)

1. Place rice and 1 1/2 C water in a sauce pot. Bring to a boil, reduce heat and simmer covered for twenty minutes or until cooked.
2. In sauté pan over high heat, add olive oil and brown chicken for two minutes. Reduce the heat to medium and add garlic and ginger. Cook for two additional minutes.
3. Shred or thinly slice the cabbage. Add it to the pan and stir to combine, until it is wilted. Season with salt and pepper. TASTE. Toss for two minutes to combine well.
4. Pour glaze into pan. TASTE and serve.

Glaze...

1 clove garlic chopped
1 bunch of scallion chopped
1 inch fresh ginger finely chopped
1 carrot shredded
Juice of 1/2 orange
2 T liquid aminos
1/2 cup water

Place all ingredients in blender and puree until smooth and combined.