

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

1 cup chopped carrots

1/2 cup chopped scallion

Basmati Rice (left over from night before)

S and P to taste

Glaze (see below)

1. 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.

2. Add carrot and scallion to the pan and stir to combine, until cooked - approximately 3 minutes. Season with salt and pepper. TASTE. Pour glaze into pan. TASTE and serve over rice.

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.