



Chicken Stir Fry

By On Top of the World Chefs

2 Servings

Ingredients:

- 8 oz chicken breasts, cut into strips
- 1 large red pepper, julienne
- 1 small red onion, julienne
- 1 small zucchini, julienne
- 1 small yellow squash, julienne
- 4 oz teriyaki glaze
- 4 oz raw Udon or stir-fry noodles
- 1 or 2 scallions, cut on a bias
- 2 oz water chestnuts
- 1 head of raw broccoli florets
- 2 oz sesame or olive oil



Directions: In a wok or large skillet heat the oil on a medium temperature. Sauté the raw chicken lightly on both sides until golden. Next add the raw vegetables and cook until al dente or firm to the bite. Add remaining garnish and sauce at the end and simmer. Finish with the pasta or white or brown rice.

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