**Garlic Chicken Stir Fry**

Ingredients:

* 1 TBSP + 1 tsp **vegetable oil**, divided use
* 1 cup **broccoli** florets
* 1 cup **mushrooms**, halved
* Can of **water chestnuts**
* 1 yellow bell **pepper**, cored, seeded and thinly sliced
* 1 pound boneless skinless **chicken breast**, cut into 1 inch pieces
* **salt** and **pepper** to taste
* 4 cloves of **garlic**, minced
* ¾ cup **chicken broth**
* 1½ tsp **sugar**
* 1 Tbsp **soy sauce**
* 2 tsp **sesame oil**
* 2 tsp **cornstarch**
* **Spring** or **green onion**, chopped

Instructions:

1. Place 1 tsp **oil** in a large pan and heat over medium **high heat**.
2. Add the **broccoli**, **mushrooms** and bell **pepper** to the pan. Cook for 5-6 minutes or until vegetables are tender.
3. Remove the vegetables from the pan; transfer to a plate and cover with foil to keep warm.
4. Wipe the pan clean with a paper towel. Then heat the remaining tablespoon of **oil** over **high heat**.
5. Add the **chicken** to the pan in a single layer and season with **salt** and **pepper** to taste. Cook for 3-4 minutes per side, or until chicken is browned and cooked through.
6. Lower **heat to medium**, add the **garlic** and cook for 30 seconds.
7. Add the **vegetables** back to the pan.
8. In a small bowl, whisk together the chicken **broth**, **sugar**, **soy sauce**, **sesame oil** and **cornstarch**,
9. Pour the sauce over the chicken mixture and bring to a **simmer**.
10. Simmer for 1-2 minutes or until sauce has just thickened.
11. Serve immediately, with steamed rice if desired. Top with **spring onions**.