



BARBEE'S AMERICAN STIR FRY

INGREDIENTS

1 cup each of sliced or diced vegetables including:

onions

shallots

peppers all colors

mushrooms

broccoli

celery

carrots

2 diced chicken breasts

1 – 16-oz package rice noodles

1 cup wheat free soy sauce

Salt and pepper, favorite seasonings to taste.

Directions for noodles:

Boil water, cook noodles to package directions – keep warm

Directions for chicken:

Marinate chicken in soy sauce for 10-minutes

In heated wok, add ½ cup of oil, either canola or olive

Add seasonings

Add chicken and sauté until seared

Add vegetables and continue tossing for 10 – 15 minutes, until vegetables are tender crisp.

Add noodles to stir fry, toss and serve.

ENTREES