

## Stir-fried vegetables with chicken or pork from Allrecipes/ Nishana Lee

- [ ] 2 tablespoons vegetable oil
- [ ] ½ pound boneless skinless chicken breasts, cut into cubes
- [ ] 2 cloves garlic, chopped
- [ ] 2 tablespoons oyster sauce
- [ ] 1 cup chopped broccoli (or cauliflower)
- [ ] 1 cup sliced green bell pepper
- [ ] 1 cup sliced carrots
- [ ] 1 cup sliced napa cabbage
- [ ] 1 cup sliced celery
- [ ] 1 cup fresh bean sprouts
- [ ] 1 cup sliced zucchini
- [ ] 1 cup chopped green onions
- [ ] 1 teaspoon salt
- [ ] ½ cup water
- [ ] 2 tablespoons mushroom soy sauce
- [ ] 1 tablespoon cornstarch

Heat oil in a wok or large heavy skillet. Add chicken or pork (see Cook's Note), garlic, and oyster sauce, and stir-fry for 10 minutes.

Stir in broccoli, green pepper, carrots, cabbage, celery, bean sprouts, zucchini, and green onions. Season with salt, and stir-fry for 6 to 8 minutes.

In a small bowl, mix together water, soy sauce and cornstarch. Stir into vegetables, and cook for 1 to 2 minutes, or until sauce is thickened.