**Stir Fry**

**Ingredients:**

2 tsp. sesame oil ¼ onion, chopped

1 T. vegetable oil ½ head of broccoli

2 T. honey 1 chicken breast

½ red bell pepper 1 tsp. salt

1 carrot, diced

1 T. soy sauce

1 c. brown rice 2 ½ c water

1 ½ tsp. salt 1 T. butter

Pepper

**Directions:**

*The Rice*

1. Boil 2 c. water,1 ½ tsp. salt, 1 T. butter and the 1 c. rice in a medium saucepan on medium high heat (level 7).
2. Stir the boiling mixture.
3. Once the rice is boiling, put a lid on it and turn the heat down to low (level 2), to allow the rice to simmer.
4. Let the rice simmer for 30-35 minutes. Check it at 30 minutes. If the water is gone, the rice is fluffy and tender to the taste, it is done. Remember, brown rice is going to be chewy.

*The Stir Fry*

1. Clean and chop all vegetables.
2. Cube the chicken breast
3. Heat the sesame oil, vegetable oil, 9and honey in the large frying pan on medium heat (about 1 minute).
4. Add the chicken and cook the pieces until thoroughly cooked (about 7 minutes). Check to see if they are pink on the inside. If so, keep cooking. If not, it’s ready!
5. Add the onion and bell pepper.
6. Cover and cook for 30 seconds.
7. Add diced carrots and cover for another 2 minutes.
8. Add broccoli and cover and cook everything for another 2 minutes.
9. Finally add the SOY SAUCE to everything.

Serve over rice and enjoy!