

KENTUCKY FARM TO SCHOOL JUNIOR CHEF

HONEY CITRUS CHICKEN STIR FRY

INGREDIENT LIST

2 C BROWN MINUTE RICE

1/3 c + 1 ½ T LOW SODIUM SOY SAUCE

4 T OLIVE OIL

4 OZ **CARROTS**, THINLY SLICED

5 OZ **BROCCOLI** FLORETS

5 OZ **TOMATO**, DICED

3T MINCED GARLIC, DIVIDED

1 t LIME ZEST

JUICE OF ½ LEMON, ½ LIME AND ½ ORANGE

¼ t RED PEPPER FLAKES,

2 T CORN STARCH

3 1/2 C OF LOW SODIUM CHICKEN BROTH

1# **CHICKEN** TENDERS

6 OZ **SWEET PEPPER MIX**, SLICED

4 OZ **ONIONS**, SLICED

6 OZ **RED POTATOE**, QUATERED, THINLY SLICED

2 OZ **GREEN BELL PEPPER**, THINLY SLICED

1 t LEMON ZEST

1 t ORANGE ZEST

1 t CAJUN SEASONING,

1 T **FRESH BASIL** LEAVES

¼ C **LOCAL HONEY**

DIRECTIONS

PREP RICE

1) IN 2 QT SAUCE PAN POUR 2 C CHICKEN BROTH, ADD 1 ½ T SOY SAUCE.

BRING TO BOIL. ADD 2 C RICE. STIR. BRING BACK TO BOIL. TURN FLAME TO LOW. COVER AND SIMMER FOR 10 MINUTES.
REMOVE FROM HEAT.

- 2) REMOVE TENDONS FROM CHICKEN TENDERS, SLICE AND PLACE IN LINED 1# FOOD TRAY. SET ASIDE
- 3) PEEL AND MINCE ENOUGH GARLIC CLOVES TO MAKE 3 T MINCED GARLIC. PLACE IN 1# FOOD TRAY. SET ASIDE.
- 4) IN 1 QUART MEASURING CUP MIX 1/3 C LOW SODIUM SOY SAUCE & 2 T CORN STARCH TIL SMOOTH. ADD ¼ C LOCAL HONEY, 1 t CAJUN SEASONING, ¼ t CRUSHED RED PEPPER FLAKES, 1 T FRESH SLICED BASIL LEAVES, 1 T MINCED GARLIC, MIX WELL, ADD 1 ½ C LOW SODIUM CHICKEN BROTH. SET ASIDE.
- 5) ZEST LEMON, LIME AND ORANGE TO GATHER ENOUGH ZEST FOR 1 t OF EACH. CUT CITRUS IN HALF AND PLACE IN 1# FOOD TRAY. SET ASIDE.
- 6) IN WOK OR LARGE NON STICK SKILLET HEAT 2 T OLIVE OIL, ADD CHICKEN TENDERS, 2 T MINCED GARLIC, AND ZEST. COOK FOR ABOUT 4 MINUTES UNTIL CHICKEN REACHES 165 DEGREES. WITH SLOTTED SPOON TRANSFER CHICKEN TO CLEAN 1# TRAY AND SET ASIDE.
- 7) ADD 2 T OLIVE OIL TO WOK OR SKILLET. ADD POTATOS AND CARROTS, COOK FOR 5 MINUTES, IF IT STARTS TO STICK ADD ¼ TO ½ C WATER. COOK TIL JUST FORK TENDER. ABOUT 3-5 MORE MINUTES.
- 8) ADD BROCCOLI FLORETS AND ALL CITRUS JUICE, COOK 2-3 MINUTES. ADD ONIONS AND PEPPERS, COOK 2 MINUTES. ADD TOMATOES AND SPICE SLURRY. COOK TIL SAUCE THICKENS. RETURN CHICKEN TO SKILLET AND HEAT.
- 9) PORTION OUT ¼ C COOKED RICE AND ¾ C STIR FRY PER PLATE. GARNISH WITH SPRIG OF FRESH BASIL.