



## Chicken and Basil Stir Fry

### Ingredients

20 oz Sanderson Farms Boneless, Skinless Chicken Breast Fillets, cut into ¼-inch thick strips, 1-inch to 3-inches long

1 tablespoon	corn starch
½ teaspoon	salt
¼ teaspoon	ground black pepper
2 tablespoons	vegetable oil
1 (12-oz)	bag frozen stir fry vegetables, steamed
½ teaspoon	minced garlic
¼ cup	water
5 tablespoons	stir fry sauce
1 tablespoon	chopped fresh basil leaves
Cooked white rice	



### Directions

Mix chicken with corn starch, salt and black pepper. Heat oil in a 12-inch skillet or wok over medium high heat. Add chicken and brown about 3 minutes. Add stir fry vegetables and garlic. Cook 1 minute. Stir in water and stir-fry sauce. Cook 1 minute. Turn heat off. Stir in basil. Serve over cooked white rice.

### Recipe Nutrition per serving:

455 calories; 29 gm protein; 58 gm carbohydrate; 4 gm dietary fiber; 62 mg cholesterol; 10 gm total fat; 1 gm saturated fat; 450 mg sodium

**Yield: 5 servings**