

STIR-FRY CHICKEN AND GREEN BEANS

MAKES 12 $\frac{1}{4}$ -cup SERVINGS STIR-FRY.

MAKES 12 $\frac{1}{3}$ -cup SERVINGS RICE.

Rice	1 small piece of fresh ginger root (about 1 inch long)
$\frac{1}{2}$ cup canned chicken broth	1 green onion (optional)
2 Tablespoons soy sauce	4 boneless, skinless chicken breast halves
1- $\frac{1}{2}$ teaspoons cornstarch	(about 1 pound total)
1 teaspoon sesame oil	2 Tablespoons vegetable oil
$\frac{1}{2}$ teaspoon sugar	Salt and pepper to taste
$\frac{1}{2}$ pound fresh or frozen green beans	1 Tablespoon sesame seeds (optional)

** Teacher/parent helper prepares stir-fry and rice with students serving as assistant chefs. Recipe indicates steps appropriate for the adults vs. the students.

Have students measure rice and water. Teacher/parent helper prepares rice according to package or rice cooker instructions.

Have students measure and combine chicken broth, soy sauce, cornstarch, sesame oil, and sugar in a small bowl until well blended. Set aside.

Have students wash and drain green beans in colander. Show them how to remove strings and stems and break into bite-size pieces about 1 inch long.

Teacher/parent helper peels and cuts off a piece of ginger root about 1 inch in diameter and $\frac{1}{4}$ -inch thick. Chop finely. If using green onion, slice thinly.

Teacher/parent helper cuts washed chicken breasts into $\frac{3}{4}$ -inch chunks.

Teacher/parent helper heats oil in wok or large skillet. When hot, add ginger and stir-toss until just fragrant, about 15 seconds. Add green beans and stir-toss until bright and shiny, about 1 minute. Add chicken and stir-toss until chicken is opaque and cooked through yet still juicy, about 3 minutes.

Pour in chicken broth mixture and stir-toss until sauce is slightly thickened, about 30 seconds. Season with salt and pepper to taste. Remove from heat. Sprinkle with sliced green onion and/or sesame seeds, if desired. Serve over rice.

Skills Developed

Measure

Mix

Prepare raw vegetables
