

Asian Sesame Chicken Stir Fry (FODMAP friendly)

Ingredients

- 3/4 lb. boneless skinless chicken breast, thinly sliced
- 2 TB soy sauce (I use San-J Tamari, reduced sodium)
- 1 TB sesame oil
- 1 TB minced ginger
- 1 TB sesame seeds (I use a mixture of traditional with black seeds too)
- 2-3 cups of veggies of your choice (I used Swiss chard, summer squash and mini eggplant)
- 1 TB olive oil.

Instructions

1. In medium size glass bowl, mix soy sauce, sesame oil, minced ginger, sesame oil.
2. Add chicken to marinade and refrigerate until ready to cook 15 minutes or up to an hour and be sure to turn chicken over to ensure even coverage of marinade.
3. Add chicken to non stick skillet and cook over medium heat until chicken is browned and cooked through. Remove chicken to plate.
4. In same skillet, add 1 TB oil and sauté vegetables until al dente.
5. Add back chicken while microwaving brown rice.
6. Toss rice into skillet and add a dash of soy sauce. Stir to blend. EAT!

<http://blog.katescarlata.com/2012/08/02/asian-sesame-chicken-stir-fry/>