**Chicken with Vegetables (using Seasoned Chicken)**

1/3 lb. broccoli or zucchini, cut into pieces

1/3 lb. seasoned chicken

1 Tbsp. vegetable oil

1/4 tsp. salt

1/4 tsp. sugar

1/4 tsp soy sauce

1/2 cup chicken broth

1. Mix together salt, sugar, soy sauce, and chicken broth.

2. Heat pan.

3. Add oil.

4. Add vegetable, and stir-fry about 3 minutes.

5. Add 1/4 cup of the chicken broth mixture. When the liquid starts to boil, cover the pan.

6. Cook for 3 minutes for broccoli or 5 minutes for zucchini.

7. Turn off the heat, and remove the vegetable from the pan.

8. Heat pan.

9. Add the chicken, and stir-fry for 3 minutes.

10. Add the remaining chicken broth mixture. When the liquid starts to boil, cover the pan.

11. Cook for 7 minutes.

12. Add the broccoli, and stir-fry uncovered for about 1 minute.

Note: While you are waiting for the chicken to cook in Step #11, wash your rubber spatula so that it doesn’t have any raw chicken on it.