

Summer Sizzler

Makes: 10 or 60 Servings

10 Servings

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Ingredients	Weight	Measure	Weight	Measure
Chicken, turkey or pork, cut in cubes or thin slices	1-1/2 lbs		9 lbs	
Asian vegetable mix, frozen		5 cups		30 cups
Oil, olive or canola or cooking spray		1 Tbsp		6 Tbsp
Soy sauce, low-sodium (optional)		2 Tbsp		12 Tbsp

Directions

1. Slice chicken, turkey or pork into strips or cubes.
2. Spray pan (or wok or griddle) with cooking spray or use a little olive or canola oil.
3. Cook until meat is browned.
4. Add vegetables to the meat and cook 1- 2 minutes until the vegetables are cooked but still colorful and crisp.

Notes

Serving Tips:

Stir-frying is a healthy and quick cooking method that can easily transform chicken or any leftover meat or vegetables into another entrée.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	162	
Total Fat	4 g	
Protein	18 g	
Carbohydrates	15 g	
Dietary Fiber	5 g	
Saturated Fat	1 g	
Sodium	393 mg	