



Recipes

Meat & Poultry

Ginger Chicken and Asparagus

Prep and Cook Time: 15 minutes

Yield: 2 servings

Ingredients:

- 1 medium onion, cut in half and sliced medium thick
- 3 medium cloves garlic, pressed
- 1 tablespoons chicken broth
- 1 tablespoons minced fresh ginger
- 1 large boneless, skinless chicken breasts, cut into 1 inch pieces
- 1 bunch asparagus, cut into 1-inch pieces (about 2 cups when cut)
- 2 tablespoons gluten free tamari Sauce
- 1 tablespoon rice vinegar
- pinch red chili flakes
- Sea salt and white pepper to taste

Directions:

1. Cut onion and mince garlic and let both sit for at least 5 minutes.
2. Heat 1 TBS broth in a 12-inch stainless steel skillet. sauté onion in broth for about 2 minutes over medium-high heat, stirring constantly.
3. Add ginger, garlic, chicken, and continue to stir-fry for another 3-4 minutes, stirring constantly.
4. Add asparagus, tamari sauce, vinegar, and red chili flakes. Stir together and cover. Cook for another 2-3 minutes. Season with salt and pepper to taste.

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