



## Honey Soy Glazed Chicken Stir-Fry

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### Ingredients

- 1 lb boneless, skinless chicken breasts, sliced into thin strips
- 2 cups broccoli florets
- 1 red bell pepper, sliced
- 1 cup snap peas
- 1/4 cup low-sodium soy sauce
- 2 tablespoons honey
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 2 tablespoons vegetable oil
- Sesame seeds and green onions (for garnish)
- Cooked rice (for serving)

### Directions

- In a small bowl, whisk together the soy sauce, honey, rice vinegar, sesame oil, minced garlic, and grated ginger to make the glaze.
- Heat the vegetable oil in a large skillet or wok over medium-high heat.
- Add the sliced chicken to the skillet and stir-fry until cooked through and lightly browned. Remove the chicken from the skillet and set aside.
- In the same skillet, add the broccoli, red bell pepper, and snap peas. Stir-fry for a few minutes until the vegetables are tender-crisp.
- Return the cooked chicken to the skillet and pour the honey soy glaze over the chicken and vegetables. Toss everything together until well coated.
- Serve the honey soy glazed chicken stir-fry over cooked rice, garnishing with sesame seeds and chopped green onions.