

Chicken Zucchini Stir Fry

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/zucchini-in-chinese-recipe>

Ingredients:

- 16 ounces chicken breast sliced very thin
- 2 teaspoons baking soda
- 1/4 cup low sodium soy sauce or use gf soy sauce*
- 1 cup chicken broth
- 1 tablespoon cornstarch
- 2 tablespoons mirin
- 1 tablespoon sugar
- 2 teaspoons sesame oil
- 1 tablespoon canola oil divided
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 1 pound chicken breast sliced very thinly
- 2 cups zucchini cut 1/4 inch thick half moons, from 1 large zucchini
- sesame seeds optional
- scallion optional

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 145 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 51 grams
7. SaturatedFat: 3 grams
8. Sodium: 1450 milligrams
9. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Chicken Zucchini Stir Fry above. You can see more 20 zucchini in chinese recipe Deliciousness awaits you! to get more great cooking ideas.