

ASPARAGUS & CHICKEN STIR FRY

Serves 4

INGREDIENTS:

1 pound boneless skinless chicken breasts

2 cloves garlic, minced

1 (2-inch) piece peeled fresh ginger, cut into thin matchsticks

1 tablespoon soy sauce

1 tablespoon sugar

1 tablespoon cornstarch plus 1 teaspoon

1 1/4 teaspoons kosher salt

3/4 cup chicken broth

2 tablespoons vegetable oil

2 bunches medium asparagus (about 2 pounds)

1 bunch scallions, thinly sliced



PREPARATION:

1. Thinly slice the chicken into strips. Toss the strips with half the garlic and ginger, soy sauce, sugar, 1 teaspoon of the cornstarch, and 1 teaspoon of the salt in a bowl. Marinate at room temperature for 15 minutes. Mix the remaining cornstarch with the broth.
2. Heat 1 tablespoon of the oil in a large nonstick skillet over high heat. Add the asparagus, scallions, remaining garlic, ginger, 1/4 cup of water, and season with 1/4 teaspoon salt. Stir-fry until the asparagus is bright green but still crisp, about 3 minutes. Transfer to a bowl.
3. Heat the same skillet until very hot, then add remaining 1 tablespoon oil. Add the chicken and stir-fry until it loses its raw color and gets a little brown, about 3 minutes. Return the asparagus to the pan and toss to heat through. Stir in the reserved cornstarch mixture and bring to a full boil to thicken. Mound the stir-fry on a serving platter or divide among 4 plates.

Serving suggestion: Serve over brown or white rice.



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FOOD SAFETY TIPS

- Wash hands with warm soapy water for 20 seconds before and after handling chicken.
- Use separate cutting boards and knives for vegetables and meats to avoid cross contamination.
- Use a food thermometer to make sure chicken is cooked to a safe internal temperature of 165°F.
- Refrigerate any leftovers immediately.

This recipe was provided by the Michigan Farmers Market Association. Development was supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development. For more recipes and program information, please visit mifma.org.

