

Honey Garlic Chicken Stir-Fry



Portions: 50

Portion Size: 1 cup

Ingredients:

- 1 pt Water, tap
- 2 cup + 1/3 cup Honey
- 3 cup Soy Sauce, reduced sodium
- 4 tbsp Cornstarch
- 3/4 cup Oil, canola
- 5 lbs Broccoli, raw, florets
- 3 lbs + 2 oz Carrots, raw, sliced 1/4 inch rounds
- 2 lbs + 8 oz Pepper, sweet bell, red, raw, sliced
- 2 lbs Mushrooms, raw, sliced 1/4 inch thick
- 2 lbs Squash, summer, zucchini, raw, sliced 1/4 inch
- 1 lbs + 12 oz Onion, Vidalia, raw, sliced
- 6 lbs + 4 oz Chicken, breast, fully cooked, sliced, frozen
- 1 tbsp Oil, sesame
- 1 cup Garlic, raw, minced
- 1/4 cup Pepper, black, ground

Steps:

1. Using a mixing bowl whisk together the water, honey, soy sauce, and cornstarch. Set aside until needed.
2. Pre-heat tilt skillet over medium-high heat. Add canola oil.
3. Add broccoli, carrots, red bell pepper, mushrooms, zucchini, and onions.
4. Sauté the vegetables for approximately 9 minutes or until crisp tender.
NOTE: Take care not to over stir the veggies. This will create better flavor, color, and texture.
5. Add the chicken, sesame oil, garlic, and black pepper. Sauté for approximately 3 minutes.
6. Whisk the reserved soy sauce mixture.
NOTE: This is important. The cornstarch will settle to the bottom as it sits.
7. Pour this sauce over the stir-fry.
8. Stir the stir-fry while allowing the sauce to come to a soft boil. This thickens the sauce. Once sauce begins to thicken, the stir-fry is ready.
Critical Control Point: Cook to 135°F or higher.
9. Hot hold, covered, until served
Critical Control Point: Hold at 135°F or above.
10. Serving portion is 8 ounces.
NOTE: As stir-fry sits, it tends to lose its color, texture, and flavor. To preserve its quality, it's best to batch cook this dish.

Tips:

This stir fry is great with a variety of veggies. Incorporate any seasonal Georgia Grown vegetables when ones listed are not available.

HACCP Category:

Process #2 (Same Day)

Crediting Information:

- 2 oz. eq Meat/Meat Alternate (M/MA)
- 1/4 cup Vegetable Red/Orange
- 1/8 cup Vegetable Dark Green
- 3/8 cup Vegetable Other

Nutrition Information:

NUTRIENT	AMOUNT	UNIT
Calories:	208	cal
Saturated Fat:	<1	g
Total Fat:	6	g
Sodium:	167	mg