

# General Tso Chicken Stir Fry

Serves 4-6

*General Tso was a military hero in the Qing dynasty in the 19<sup>th</sup> century. The actual dish that bears his name was created by Chef C.K. Peng in Taiwan during the 1950's and quickly became popular in the U.S. The chicken is typically fried in a sticky, sweet, tangy, spicy sauce. Today we have stir-fry and even vegan forms of the recipe, which goes to show – anything goes! You can also crank up the heat to satisfy your preferences.*

*Use home-grown, grass-fed and organic ingredients whenever possible.*

## **Veggie Ingredients:**

8 oz snap peas (leave whole)  
2 medium carrots, sliced  
1 red bell pepper or 4 mini sweet peppers, cut in strips  
1-2 yellow squash (8 oz), sliced to ¼" thick  
2 cups (1/2 lb) red cabbage, coarsely shredded  
2 TBSP freshly pressed garlic  
1 TBSP freshly grated garlic (approx. 1"-2" piece)

1 cup green onions, cut in 1" pieces, both green and white parts (3-4 onions)  
2 TBSP avocado or olive oil

## **Chicken Ingredients:**

1 ½ lbs chicken breasts or tenders, cut in 1" x ½" strips  
1/4 cup cornstarch  
1-2 TBSP Asian seasoning (or substitute: 1 tsp sriracha or ½ tsp crushed red bell pepper flakes)  
2 TBSP avocado or olive oil

## **Sauce Ingredients:** (Whisk together)

¾ cup soy sauce (San-J Low Sodium) + 2/3 cup honey + 2 TBSP cornstarch

## **Directions:**

1. Whisk together the soy sauce, honey and cornstarch. Set aside.
2. Toss the chicken with the cornstarch and Asian seasoning and fry in preheated wok with 2 TBSP garlic oil. Cook approximately 4 minutes on one side, turn and cook an additional 4 minutes. Remove from wok and set aside.
3. Add 2 TBSP oil to the wok, add the carrots and snap peas and cook 2-3 minutes, stirring frequently.
4. Add the bell pepper, summer squash, cabbage, garlic and ginger to the wok, and continue to stir and cook 2-3 minutes more.
5. Add the cooked chicken to the veggie mixture and lightly toss together. Push the veggies aside and pour the sauce mixture into the bottom of the wok. Stir together and cook for a few minutes more, until mixture thickens and boils. Remove from heat
6. Serve over cooked basmati or jasmine rice. Garnish with toasted sesame seeds, if desired.