

HERB-CHICKEN STIR-FRY

By Dorothy Zehnder

2 Tbsp. all-purpose flour
2 tsp. chicken-flavored bouillon granules or 2 cubes
1 tsp. Bavarian Inn Chicken Seasoning
1 tsp. seasoned salt
½ tsp. dried whole basil
¼ tsp. dried whole oregano
¾ cup of water
2 Tbsp. vegetable oil
1 small onion, chopped
1 clove garlic, minced
4 chicken breast halves, skinned, boned, and cut into 1-inch pieces
3 medium zucchinis, thinly sliced
3 tomatoes, peeled and cut into eighths
Chow mein noodles (optional)

Combine first 6 ingredients

Pour oil around top of preheated wok or skillet, coating sides. Heat at medium high (325°) for 1 minute. Add onion and garlic; stir-fry until tender. Remove from wok and set aside.

Add chicken to wok; stir-fry for 3-4 minutes. Remove from wok. Add zucchini to wok; cook, stirring constantly for 5 minutes. Add herb mixture and tomatoes; stir-fry until bubbly.

Return chicken and onion mixture to wok; stir-fry 1 minute. Serve with chow mein noodles, if desired.

Yield: 4 to 6 servings

****Note from Dorothy – This is such a great meal for when you are on the go and it is quick and easy. What is really nice is that given that this is the time of year you may have a garden harvest, you can mix-up your stir-fry vegetables and use whatever you have a bounty of.*