



Asian-Style Broccoli Chik'n

Strips: 1 can (20 ounce) Chik'n Bites or Diced Chik
1 tablespoon La Choy Lite Soy Sauce
 $\frac{1}{4}$ teaspoon garlic salt
 $\frac{1}{2}$ teaspoon onion powder
1 tablespoon olive oil
2 teaspoons sesame oil

4 large or 6 small heads of fresh broccoli
 $\frac{1}{4}$ cup water
1 tablespoon sesame oil

Sauce: 6 large cloves garlic, minced
4 tablespoons sesame oil
4 tablespoons La Choy Lite Soy Sauce
 $\frac{3}{4}$ cup water
2 packages George Washington Golden Broth
2 tablespoons cornstarch
1-2 tablespoons red pepper flakes, to taste (if you hate spicy, leave this out!)

Instructions: Whisk together garlic, soy sauce, oil, $\frac{3}{4}$ cup water, broth, and cornstarch in a bowl. Add red pepper flakes and set aside. Cut florets from broccoli and place in a wok or large skillet with $\frac{1}{4}$ cup water and 1 tablespoon sesame oil. Cover and let steam for a couple minutes, stirring occasionally. (Broccoli will get brighter green in color.)

Meanwhile, cut Chik'n Bites into pieces. In a separate skillet, heat 1 tablespoon olive oil, 2 teaspoons sesame oil, and 1 tablespoon soy sauce on med-high heat. When hot, add Chik'n Bites, then season with garlic salt and onion powder. Stir/flip frequently with spatula.

When broccoli is just barely steamed, add sauce from bowl. Stir well. Sauce should thicken and absorb somewhat into broccoli. Continue cooking 3+ minutes, stirring frequently. (Depending on how well-done you prefer your broccoli, cooking time may increase. If you like it very well done, you may need to add a little more water to prevent the sauce from thickening too much and sticking). Remove from heat and add strips. Stir to combine and lightly coat strips. Best served hot over rice!.

Submitted by Amanda E. of North Carolina