

Parent Night

RECIPE Stir Fry



MATERIALS NEEDED

- Medium sized mixing bowl
- 10-in nonstick skillet
- Measuring cups

KIDS CAN HELP:

- Open bags
- Measure ingredients
- Pour in vegetables
- Stir

TOTAL COST

\$1.26 per serving

\$19 for all ingredients

Ingredients

- 2 tbsp all-purpose flour
- ½ tsp salt
- ¼ tsp pepper
- 2 tbsp olive oil
- 1 bag frozen vegetable medley
- 1 tsp pre-minced garlic
- ½ cup chicken broth
- 2 tbsp cider vinegar
- 1 tsp lemon pepper seasoning
- 2 tbsp chopped oregano leaves (optional)
- 1 lb boneless skinless chicken breast

Cost

SERVES: 4
PER SERVING: \$1.26
PER RECIPE: \$5.05
FOR ALL INGREDIENTS: \$19

Recipe

1. Mix flour with salt and pepper then toss in chicken until evenly coated.
2. In your skillet, heat 1 tbsp of olive oil over medium heat and then add chicken. Cook for about 10 minutes until chicken is no longer pink. Set chicken aside.
3. In the same skillet with same oil, add the vegetable medley until crisp. Add garlic and stir for about 30 seconds. Put chicken back in the skillet and then add broth, vinegar, and lemon pepper. Cook for about 1 minute more. Optional: garnish with oregano.

Grocery List

- 32 oz All-purpose Flour (\$1.50)
- 17 oz Extra Virgin Olive oil (\$4.00)
- 10 oz Vegetable medley with rice (\$1.25)
- 8 oz Pre-minced garlic (\$2.25)
- 32 oz Chicken broth low sodium (\$1.50)
- 32 oz Cider vinegar (\$1.00)
- 3.5 oz Lemon pepper seasoning (\$1.00)
- 32 oz Chicken breast (\$6.50)