

Chinese Ginger Chicken with Broccoli

Printable grocery list · Serves 4

- ☐ 2 large eggs, beaten
- ☐ 2 tsp cornstarch
- ☐ 2 tsp olive oil
- ☐ ¼ tsp salt & pepper, each
- ☐ 1½ lbs boneless skinless chicken breast, cut into strips
- ☐ ½ cup soy sauce
- ☐ 2 tbsp rice wine vinegar
- ☐ 2 tbsp Swerve sugar substitute
- ☐ 3½ cups fat-free chicken broth, divided
- ☐ 1 bunch broccoli florets
- ☐ 8 oz white mushrooms, sliced
- ☐ 2 tbsp fresh grated ginger
- ☐ 1 tsp minced garlic
- ☐ ¼ cup cornstarch
- ☐ 1 tsp Asian sesame oil
- ☐ Vegetable cooking spray
- ☐ Green onions & sesame seeds (optional)