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## CHICKEN WITH TATSOI & PEPPERS STIR-FRY

SERVES 4 / PREP TIME: 35 MINUTES / COOK TIME: 10 MINUTES

*Take your ordinary chicken and make it unusual with tatsoi and bell peppers. Tatsoi is an Asian green similar in flavor and texture to bok choy, which can be substituted if you can't find tatsoi.*

2 tablespoons soy sauce

2 tablespoons dry white wine or chicken broth

2 tablespoons cornstarch

1 pound boneless chicken, cut into 1-inch cubes

1 bell or other sweet pepper

½ medium onion

1 clove garlic

2 tablespoons olive oil

1 large bunch tatsoi, chopped into ½-inch strips (or use bok choy  
or any other greens)

½ pound bean sprouts

Rice, cooked

1. Combine the soy sauce, wine or broth, and cornstarch to create a marinade.

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2. Marinate the chicken in the marinade for  $\frac{1}{2}$  hour.
  3. While the chicken is marinating, slice the pepper into  $\frac{1}{2}$ -inch strips, and finely chop the onion and garlic.
  4. In a wok or a large sauté pan, heat 1 tablespoon of the oil over medium-high heat. Quickly brown the chicken (about 4 to 7 minutes). When it is cooked through, remove the chicken and place it in a separate clean bowl.
  5. In the same pan, add the remaining tablespoon of oil, then cook the onion, garlic, and pepper to the desired tenderness. Add the tatsoi and bean sprouts and cook for 1 to 2 minutes (the bean sprouts should still be a little crisp and the tatsoi a fresh bright green).
  6. Add the chicken back in, warm everything through, and serve immediately over the rice while hot.
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