

InSpire Magazine

Featured Recipe

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Summer Stir Fry

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- 1 package (8 oz.) bow tie pasta
- 2 tablespoons cornstarch
- 1 can (10 oz.) condensed chicken broth
- 1 lemon
- 1 cup miniature peeled carrots
- 1 red pepper
- 1 red onion
- 1 small zucchini
- 2-3 boneless, skinless chicken breasts
- 2 tablespoons canola oil
- 2 cups fresh broccoli flowerets
- 1 small block fresh Parmesan cheese

Boil bow tie pasta according to directions and drain.

In a large skillet heat 1 tablespoon of canola oil at medium to high temperature, add corn starch. Add chicken broth. Add chicken stirring constantly. Turn heat down to low and add vegetables. Stir in pasta and serve on platter. Serves eight.