



## Mix n Match Stir Fry

NIBBLEDISH CONTRIBUTOR

### Ingredients

*1/4 cup Kraft Zesty Italian dressing  
1 tbsp soy sauce  
2 cloves garlic, minced  
EITHER 1 lb boneless skinless chicken breasts, cut into strips OR  
1 lb boneless beef steak, cut into strips OR 1 lb boneless pork  
chops, cut into strips  
1 tbsp oil  
1 each red, green and yellow pepper, chopped  
2 green onions, sliced  
3 cups hot cooked white rice*

### Instructions

*Mix dressing, soy sauce and garlic. Add 1 tbsp sauce to meat, toss to coat, let stand 5 minutes. Heat oil in a large skillet or wok on medium high heat. Add meat and vegetables. Stir fry 4 minutes or until meat is cooked through. Add remaining sauce, simmer 2 minutes or until heated through. Serve over rice. Serves 4.*