



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.
