Dr. Denise Edwards shows us how to make our family foods healthier. Don't give up your traditions - make them part of a healthy lifestyle.

Dr. Edwards is a member of the Department of Pediatrics and Internal Medicine of USF Health at the University of South Florida in Tampa.

Recipe Card:
**Chicken and Vegetable Stir-Fry** (1 of 2)

- 1 cup quick-cooking brown rice
- 2 tsp cornstarch
- ¾ cup chicken broth
- ¼ cup hoisin sauce
- 2 tbsp soy sauce
- 2 garlic cloves, chopped
- 1 pound boneless, skinless chicken breast, cut into small cubes
- 1 tbsp peanut or sesame oil
- 1 zucchini, cut into 1 inch pieces
- 1 yellow squash, cut into 1 inch pieces
- 1 red bell pepper, cored, seeded, and cut into 1 inch pieces

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Recipe Card:
Chicken and Vegetable Stir-Fry (2 of 2)

Cook rice as directed on package. Dissolve cornstarch in broth in a bowl; stir in hoisin and soy sauce, set aside. Toss garlic and chicken in another bowl. Heat oil in a large pan over medium-high heat, cook chicken until nearly cooked through – about 5 minutes. Add zucchini, squash and pepper; cook, stirring, 2 minutes. Add reserved sauce; cook, stirring until sauce is thick, 2 minutes. Serve over rice.
Makes 4 servings