



GARLIC FESTIVAL® FOODS

Black Pepper & Garlic Chicken

A Favorite Chinese Recipe!

Many of you may have been introduced to this tasty dish through Panda Express but this is even a tastier, healthier version.



INGREDIENTS:

- 2 pounds chicken breast cut into bite sized pieces (Shrimp, fish or lobster can be substituted for a real taste treat!)
- 1 1/2 Tablespoons Garlic Festival® Gilroy Garlic Pepper..ADD MORE IF YOU LIKE.
- 4 tablespoons of you choice of Garlic Festival® Oil....we like the Garlic Oil.
- 1/4 Teaspoon ground ginger
- 2 stalks celery, thinly sliced diagonally
- 1/2 medium white onion (you can use yellow or even red if you prefer), chopped into 3/4 - 1 inch squares
- Green, Yellow, orange, red Bell peppers...your choice again, chopped into 3/4 - 1 inch squares. We prefer green
- 1/4 Cup low sodium soy sauce
- 2 Tablespoons corn starch

DIRECTIONS:

- Using two tablespoons of Garlic Festival® Olive Oil, heat a wok or skillet on medium high.
- When oil is hot and ripples as you move the pan, add the chicken.
- Cook on high heat until browned.
- Remove from the pan and add in the celery and onions with the remaining two tablespoons of oil.
- Sauté the veggies on high for 30-45 seconds. You aren't looking to soften them, just to slightly cook them.
- Whisk together in a small bowl the soy sauce, corn starch, and Garlic Festival® Gilroy Garlic Black pepper.
- When the veggies are ready, add the sauce and chicken to the pan and stir until everything is nicely coated.
- Cook for approx. 1-2 minutes until the sauce has thickened then allow to simmer for approx. 6 minutes.
- Taste and if desired season with more sauce or Black Pepper & Garlic.
- We enjoy serving this over rice.

Other uses for Garlic Festival® Gilroy Style Black Pepper & Garlic

Put this in anything that calls for black pepper.

Mix into hamburger or turkey burgers.

Wonderful to use in making a crusted salmon or as a rub for tri-tip or London broil.

Toss over roasted or grilled asparagus or butternut squash. You may mix with melted butter before slathering on.

Made
in
USA

GARLIC FESTIVAL® FOODS
The Flavors that made Gilroy Famous
www.garlicfestival.com

