***Stir-fry Chicken Breast***

**M**any people think chicken breast is dry and lack taste. This recipe makes it tender and   
tastier so that you can better enjoy this healthy boost of protein.  
  
***Ingredients:***1 skinless, boneless chicken breast sliced to thin slices, 2 tablespoon of   
olive oil or vegetable oil, 1 tablespoon of cooking wine, 1.5 tablespoon soy   
sauce, 1 sliced green onion  
  
***Instruction:***1. marinate the chicken slices in 1 tablespoon oil and the cooking wine for 2-5 minutes  
2. put the rest of the oil in a pan, add the marinated chicken and stir-fry them until the   
meat changes from pink to white,  
3. add the soy sauce and green onion. Continue to stir-fry for 10 seconds. Turn off the   
heat and enjoy!  
  
**Serves 1 person.**