

# Immune Boosting Chicken Stir Fry

This dish is high in the immune boosting polyphenols Luteolin and Quercetin. Luteolin is found in celery, thyme and green peppers. Foods rich in quercetin include apples and onions. For more information & more recipes, see post at <https://targetcancernaturally.com/target-with-food/>

*Apples, cider, chicken, red onion, green peppers, garlic and thyme, celery, olive oil.*

Prep Time 10 mins    Cook Time 20 mins    Total Time 30 mins    Four servings

Estimated Breakdown: Calories: 448kcal | Carbohydrates: 30g | Protein: 50g | Fat: 13g |

## Ingredients

- 2 lb boneless chicken (white or dark), cut into 2 inch pieces
- 3 tbsp flour, mixed with 1/2 teaspoon salt and 1/2 teaspoon pepper
- 2 tbsp olive oil
- 1 red onion, thinly sliced
- 2 green peppers, seeded and sliced
- 3 tbsp finely chopped celery
- 2 cloves garlic, minced (1 teaspoon)
- 1/2 tsp dried thyme (or 1 tablespoon fresh)
- 3 tbsp cider vinegar
- 1/2 cup applesauce
- 1/2 cup apple juice or cider (water is ok too)
- 2 tsp sugar (optional)
- 2 tbsp finely chopped thyme
- 1 apple, cored and chopped into small pieces

## Instructions

1. **STIR FRY CHICKEN:** Coat chicken lightly in the seasoned flour. Heat oil to medium-high in a large skillet. Stir fry chicken for 2-3 minutes on each side until cooked through. Don't crowd the pan - do this in two batches if necessary. Spoon chicken onto a plate, cover with foil to keep warm and set aside.
2. **STIR FRY VEGETABLES AND SEASONINGS:** Add a teaspoon more olive oil if needed. Stir fry onions, peppers and celery for 2-3 minutes. Add garlic and thyme. Stir fry for another minute.
3. **FINISH THE DISH AND SERVE:** Add cider, applesauce, apple cider (or juice) and sugar if using. Mix well for a minute or two to heat through. Taste and adjust seasonings. Add chicken back into the skillet and stir. Sprinkle thyme and chopped apple on top. Serve with rice, mashed sweet potatoes, noodles or quinoa.