

# Pomegranate Asian Chicken Stir Fry

Stir fry is one of the best things that ever happened to parents. It's like this safe word you really don't understand until it's 5:30pm, you haven't been grocery shopping in days and the children are whining there's nothing for dinner. You have to act, and fast. Raiding the cupboards is a less than glamorous experience I'm certain 99.9% of us have experienced. Grabbing a little of this, a lot of that. Something you desperately want to use up before it goes bad. Suddenly, the most fantastic idea comes in the form of a whisper. Stir fry. That word has saved dinner plans over and over again, will do it again now.



# Prepare The Skillet

I have a few sauces I keep stocked in my cupboard and this one is just the right amount of sweet and thick, that it's perfect in this stir fry. Simple, quick and delicious are my favorite qualities in dinner.

Simply heat up the skillet and grill some chicken. While that's cooking, chop your veggies and get them ready to toss in.

Cook on low for a few minutes until the veggies are soft. Now add the marinade and simmer for a good 5-10 minutes more. If you're in a good mood go ahead and serve the stir fry with rice. Otherwise the veggies and chicken will do just fine.



