

RECIPE: STIR FRY

CHEESE

Grated parmesan cheese, 0.89 oz.

CONDIMENTS & OIL

Extra virgin olive oil, 0.5 fl oz.

POULTRY

Chicken breast, 1

SPICES & SEASONINGS

Salt, to taste

Pepper, to taste

VEGETABLES

Garlic, 1 clove

Red onion, 1

Chili pepper, 0.11 oz.

Squash (green), 1