Chicken Stir-Fry

Instructions
1. Heat a large pan with vegetable oil over high heat.
2. Add vegetables and garlic to the hot pan. Stir until garlic is slightly brown. If using ginger, add that too.
3. Add the chicken and sugar to the pan. If using soy sauce, add that too.
4. Stir the food for about 1 minute in the pan.
5. Serve with cooked rice.

Note
This stir-fry is delicious for lunch or dinner. It is very quick to fix. It may also be served over spaghetti, rotini, and other macaroni products.