

Oriental Chicken



PREPARATION TIME
15 minutes



COOKING TIME
20 minutes



PERFECT PARTNER
egg rolls



You can save a bit on the budget by visiting the local Asian grocer and purchasing the crisp chow mein noodles in larger packages. Keep the leftovers in an airtight container.

SHOPPING LIST

- mushrooms • green onions
- chicken broth • bell pepper
- chicken • chow mein noodles
- snow peas • soy sauce • celery

ON HAND

- cornstarch • garlic • oil • onion

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INGREDIENTS

- 3 tablespoons soy sauce
- 2 tablespoons water
- 1 tablespoon cornstarch
- $\frac{3}{4}$ cup chicken broth
- 2 skinless, boneless chicken breasts (6 ounces each)
- 1 clove garlic, halved
- 2 tablespoons vegetable oil
- 1 cup sliced celery
- 1 onion, sliced
- 1 green bell pepper, coarsely chopped
- 4 ounces fresh or frozen snow peas
- 1 cup sliced mushrooms
- 2 cups crisp chow mein noodles
- 2 green onions, sliced

SERVES 4

COOKIN'
Xpress

• If you would like to serve this dish with rice, you can save cleanup time by using the boil-in-bag rice available at the supermarket. Several varieties of frozen rice are also available and convenient.

Make Ahead

You can slice and chop all the vegetables for this speedy stir-fry up to 8 hours ahead.

♦ VARIATION

To add even more crunch, add $\frac{1}{3}$ cup canned water chestnuts in step 3.

1 Blend soy sauce, water, cornstarch and broth in a small bowl; set aside. Cut chicken into small strips.



2 Cook garlic in oil in a large wok over medium-high heat for 1 minute; remove garlic and discard. Add chicken. Stir-fry for 4 minutes. Push chicken to the side.

3 Add celery to skillet; stir-fry for 3 minutes. Push celery aside. Add onion, green pepper and snow peas. Stir-fry for 3 minutes. Add mushrooms. Stir-fry for 3 minutes.



4 Add soy sauce mixture to skillet. Cook, for 2 minutes, stirring continually, or until sauce has thickened. Mix well. Place over noodles. Sprinkle with green onions.