

# Stir-Fried Chicken and Asparagus



PREPARATION TIME  
**10 minutes**



COOKING TIME  
**15 minutes**



PERFECT PARTNER  
**egg rolls**



If fresh asparagus spears are not in season, look for frozen cut asparagus in the frozen food section of your supermarket.

You'll not only save the cutting step, you will save plenty of pennies, too!

## SHOPPING LIST

- chicken • carrot • soy sauce
- green onions • mushrooms
- asparagus • gingerroot

## ON HAND

- brown sugar • cooked rice
- oil • garlic • cornstarch

## INGREDIENTS

- 4 skinless, boneless chicken breasts (4 ounces each)
- 3 tablespoons vegetable oil
- 1 cup sliced green onions
- 24 fresh asparagus spears, cut into 1-inch pieces
- 1 cup sliced mushrooms
- 1/2 cup julienned carrot
- 1/4 cup plus 1/3 cup water
- 1/3 cup soy sauce
- 1 tablespoon light brown sugar
- 2 cloves garlic, minced
- 1 teaspoon grated gingerroot
- 1 teaspoon cornstarch
- 2 cups hot cooked white rice

SERVES **4**

**COOKIN'**  
*Xpress*

• It will be much easier to slice the chicken into thin strips if you first chill it in the freezer until firm.

### Make Ahead

You can slice the chicken and combine it with the oil up to 4 hours ahead. Refrigerate until ready to use.

### ♦ VARIATION

*For extra crunch, add 1 can water chestnuts during step 3.*

**1** Slice chicken crosswise into 1-inch strips. Combine chicken and oil in a resealable plastic bag and shake until coated.



**2** Heat wok or large skillet over high heat. Add chicken mixture. Stir-fry until chicken is cooked through, about 5 minutes. Transfer to a platter; cover. Add green onions to wok. Stir-fry for 1 minute.

**3** Add asparagus, mushrooms and carrot to wok. Stir-fry for 2 minutes. Add 1/4 cup water; reduce heat to medium-high. Cook, covered, for 3 minutes.



**4** Mix 1/3 cup water, soy sauce, brown sugar, garlic, gingerroot and cornstarch; add to wok with chicken. Cook, stirring continually, until sauce is thickened. Spoon over hot rice.