

# Chicken-Almond Stir-Fry

*Peggy Buchholz*

*Unitarian Universalist Fellowship of Vero Beach, FL 2000*

*2 tablespoons oil  
4 boneless/ skinless  
chicken breast halves, cut  
into thin strips  
2 1/4 ounces sliced  
almonds  
1 package (16 ounce)  
frozen broccoli/ carrots/  
water chestnuts  
1 tablespoon cornstarch  
1 tablespoon brown sugar  
1/2 teaspoon ginger  
1/2 cup soy sauce  
1/2 cup pineapple juice*

Pour the oil into a wok. Coat the sides. Heat briefly to medium-high (375 degrees). Add the chicken and almonds. Cook for 2 minutes, stirring constantly. Add the frozen vegetables. Cover and cook for 4 more minutes, stirring once.

In a bowl, combine the cornstarch, brown sugar, ginger, soy sauce and pineapple juice. Add to the wok. Cook, stirring constantly, 2 or 3 minutes until the mixture thickens.

Serve over rice.

---

Per Serving (excluding unknown items): 829 Calories; 61g Fat (63.5% calories from fat); 21g Protein; 58g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 8242mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 3 Vegetable; 1 Fruit; 11 1/2 Fat; 1/2 Other Carbohydrates.