
Chicken Stir-Fry

Arleen Sepulveda - New York

North American Potpourri - Autism Directory Service, Inc - 1993

Servings: 4

2 tablespoons soy sauce

2 tablespoons dry sherry

1 tablespoon cornstarch

2 cloves garlic, minced

2 tablespoons olive oil

2 whole boneless/ skinless chicken breasts, thinly sliced

1/2 pound broccoli, cut in bite-size pieces

1 small onion, thinly sliced

1 carrot, peeled and thinly sliced

In a bowl, combine 1/2 cup of water with the cornstarch. Add the soy sauce, sherry and garlic. Set aside.

In a large skillet or wok, stir-fry the chicken in hot oil for 2 minutes. Add the vegetables. Stir-fry for 4 minutes.

Add the soy sauce mixture. Cook and stir until slightly thickened.

Serve over rice.

Chicken

Per Serving (excluding unknown items): 111 Calories; 7g Fat (58.1% calories from fat); 2g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 532mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1 1/2 Fat.