

Skillet Stir Fry

Penny Lee Hall - Arvada, CO

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Yield: 4 to 6 servings

*4 chicken breasts
4 tablespoons soy sauce
4 tablespoons dry sherry or
cooking wine
4 teaspoons cornstarch
1/2 teaspoon ginger
1/4 teaspoon garlic
1 to 2 pounds fresh or
frozen mushrooms
4 to 8 green onions (tops
included)
salad oil*

Preparation Time: 15 minutes**Cook Time: 10 minutes**

Bone the chicken and cut into small pieces on the diagonal.

In a bowl, mix the chicken, soy sauce, wine, cornstarch, ginger and garlic. Set aside.

Thinly slice the mushrooms and onions.

In a skillet over medium heat, heat 1/8 to 1/4 cup of oil. Cook the mushrooms and onions for about 2 minutes, stirring quickly and frequently. Remove from the skillet.

Do the chicken and sauce the same way until done, about 8 to 10 minutes. Add the onions and the mushrooms. Heat again and serve over rice.

(If time is short, use stir-fry vegetables. Add to the finished chicken and sauce, cook 2 to 3 minutes or until the vegetables are heated through.)

(You can use beef, pork or shrimp in this recipe.)

Per Serving (excluding unknown items): 2078 Calories; 107g Fat (47.9% calories from fat); 246g Protein; 17g Carbohydrate; 1g Dietary Fiber; 742mg Cholesterol; 4847mg Sodium. Exchanges: 1/2 Grain(Starch); 35 Lean Meat; 1 1/2 Vegetable; 0 Fat.