

# Oriental Walnut Chicken

*Norma Smith - Fremont, MI*

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## **Servings: 4**

*1 cup walnuts, coarsely broken*  
*1/4 cup salad oil*  
*1 thin slice fresh ginger*  
*2 skinless/ boneless chicken breasts, cut in thin strips*  
*1/2 teaspoon salt*  
*1 cup onions, sliced*  
*1 1/2 cups celery, bias cut*  
*1 1/4 cups chicken broth*  
*2 tablespoons cornstarch*  
*1/4 cup soy sauce*  
*2 tablespoons sherry*  
*1 can (5 ounce) bamboo shoots*  
*1 can (5 ounce) sliced water chestnuts*

## **Preparation Time: 30 minutes**

### **Cook Time: 25 minutes**

In a skillet, carefully toast the nuts in hot oil. Remove to a towel. Fry the ginger slice in oil for 1 minute and remove. Stir the chicken and salt in hot oil until done. Discard the oil.

Cook the onion, celery and 1/2 cup of broth until almost tender.

In the skillet, combine the cornstarch, soy sauce, sherry and remaining broth. Cook until thick. Add all of the ingredients. Heat through.

Best when served with brown rice.

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Per Serving (excluding unknown items): 643 Calories; 45g Fat (63.0% calories from fat); 42g Protein; 18g Carbohydrate; 4g Dietary Fiber; 93mg Cholesterol; 1669mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Lean Meat; 2 Vegetable; 5 1/2 Fat.