

Chicken

Chicken Chop Suey

Servings: 6

Exchanges: One serving = 2 lean meat, 1/2 bread.

2 tablespoons cornstarch

1 1/3 cups cold fat-free chicken broth

2 tablespoons soy sauce

1 teaspoon sugar

1 cup celery, cut into 1/2" pieces

1/2 cup onion, sliced

1 can (4 oz) mushroom stems and pieces with juice

2 cups (16 oz) bean sprouts

2 cups cooked chicken with skin and fat removed, diced

Place cornstarch, broth, soy sauce and sugar in saucepan and mix until smooth. Add celery, onions and mushrooms to broth mixture. Bring to a boil. Reduce heat and simmer, stirring frequently for 20 minutes. Add bean sprouts to vegetables and simmer another five minutes, stirring frequently.

Add chicken to vegetables. Reheat to serving temperature.

Serve over hot rice, using 1/6 of the recipe per serving (about 1 cup).

Per Serving (excluding unknown items): 35 Calories; trace Fat (2.6% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 363mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Other Carbohydrates.