

# Almond Chicken

Marion Brittain

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

## Servings: 4

*3 chicken breasts, skinned,  
boned and thinly sliced  
3 tablespoons peanut oil  
2 cans (5 ounce ea)  
bamboo shoots, drained  
and diced  
2 cups celery, sliced  
diagonally  
2 cans (5 ounce ea) water  
chestnuts, drained and  
sliced  
1/2 cup almonds, slivered  
and blanched  
2 tablespoons lite soy  
sauce  
3 cups chicken broth  
3 tablespoons cornstarch  
1/2 cup water*

Heat the oil in a wok over high heat. Add the chicken and stir-fry until browned.

Add the bamboo shoots, celery, water chestnuts, almonds, soy sauce and chicken broth. Cover and cook gently for 5 minutes.

In a bowl, blend together the cornstarch and water. Add to the chicken mixture. Cook, stirring, until thickened.

Serve with rice.

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Per Serving (excluding unknown items): 650 Calories; 41g Fat (56.5% calories from fat); 55g Protein; 16g Carbohydrate; 5g Dietary Fiber; 139mg Cholesterol; 768mg Sodium. Exchanges: 1/2 Grain(Starch); 7 1/2 Lean Meat; 1 Vegetable; 3 1/2 Fat.