
Oriental Chicken

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 6

1/4 cup salad oil
2 whole chicken breasts
3 cups broccoli flowerets
1 red pepper, cut in one-inch pieces
1/2 pound fresh mushrooms, sliced
3 tablespoons chopped green onions
1 cup chicken broth
3 tablespoons dry white wine
1 tablespoon cornstarch
1 tablespoon soy sauce
1/2 tablespoon Tabasco sauce
1/3 cup cashew nuts
hot cooked rice

Cut the chicken breasts into one-inch cubes. Heat oil in a wok or large skillet. Add the chicken. Cook over moderate heat, stirring frequently for 5 minutes until the chicken is white. Remove from the wok.

Place the broccoli, red pepper, mushrooms and onions in the wok. Cook for 3 minutes, stirring frequently.

In a small bowl, mix the chicken broth, wine, cornstarch, soy sauce and Tabasco sauce.

Return the chicken to the wok along with the broth mixture. Cook, stirring constantly, for about 5 minutes until the sauce thickens slightly.

Sprinkle with the cashew nuts and serve over hot rice.

Chicken

Per Serving (excluding unknown items): 291 Calories; 19g Fat (58.2% calories from fat); 23g Protein; 7g Carbohydrate; 2g Dietary Fiber; 62mg Cholesterol; 378mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 2 Fat.