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# Stir-Fried Chicken with Rice and Vegetables

*Stephanie Brenner - New York*

*North American Potpourri - Autism Directory Service, Inc - 1993*

Servings: 4

**5 tablespoons oil**  
**2 cups broccoli florets**  
**1 cup carrot strips**  
**1/2 cup chopped walnuts or peanuts**  
**2 cloves garlic, minced**  
**4 chicken cutlets, cut into thin strips**  
**2 to 3 tablespoons soy sauce**  
**2 to 3 tablespoons dry sherry**  
**1 tablespoon gingerroot**  
**1/2 teaspoon sugar**  
**1 cup chicken broth**  
**1 cup water**  
**1/4 cup sliced onion**  
**1 cup raw rice**

In a large skillet, heat two tablespoons of oil over medium-high heat. Stir-fry the broccoli, carrots, nuts and garlic for 2 minutes. Remove the vegetables. Add the soy sauce, sherry, ginger and sugar. Stir-fry for 2 minutes.

Remove the chicken with a slotted spoon. Set aside with the vegetables.

Add the broth, water and onion. Bring to a boil. Stir in the rice. Cover tightly and simmer for 20 minutes.

Stir in the chicken and vegetables. Simmer for a few minutes until all of the liquid is absorbed.

## **Chicken**

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*Per Serving (excluding unknown items): 271 Calories; 18g Fat (60.2% calories from fat); 10g Protein; 16g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 8434mg Sodium. Exchanges: 0 Lean Meat; 3 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.*