

Chicken with Walnuts

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Totland College Nursery School - Braintree, MA (1978)

*1 1/2 pounds boneless/
skinless chicken breasts
3 tablespoons soy sauce
2 teaspoons cornstarch
2 tablespoons dry sherry
1 teaspoon grated ginger
root
4 green onions, sliced on an
angle to one-inch lengths
1 cup walnut halves
hot cooked rice
1 teaspoon sugar
1/2 teaspoon salt (optional)
1/2 teaspoon crushed red
pepper
2 tablespoons cooking oil
2 medium green peppers,
cut into 3/4-inch pieces
chopped whole red pepper
(for garnish)*

In a small bowl, stir the soy sauce into the cornstarch. Stir in the sherry, ginger root, sugar, salt and crushed red pepper. Set aside.

Preheat a wok or large skillet at high heat. Add the cooking oil. Stir-fry the green peppers and green onions in the hot oil for about 2 minutes. Remove from the wok.

Add the walnuts to the pan. Stir-fry for 1 to 2 minutes or until golden. Remove from the wok. Add more oil, if necessary.

Add half of the chicken to the hot wok. Stir-fry for 2 minutes. Remove from the wok. Stir-fry the remaining chicken. Return all of the chicken to the wok. Restir any sauce mixture and add over the chicken. Cook and stir until thickened and bubbly.

Stir in the vegetables and walnuts. Cover. Cook one minute longer.

Serve at once. Garnish with red pepper.

Serve with hot rice.

Per Serving (excluding unknown items): 425 Calories; 28g Fat (60.9% calories from fat); 6g Protein; 34g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 3104mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Vegetable; 5 1/2 Fat; 1/2 Other Carbohydrates.