
Stir-Fry Chicken with Vegetables

Gean Lutz - Marshall Field's Lake Forest

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

2 tablespoons olive oil
3 teaspoons minced garlic
1 cup onion, finely chopped
4 chicken breasts, cut into bite-size pieces
1/2 pound zucchini, cut into matchstick pieces
1 package cherry tomatoes, halved
3 tablespoons salt
1 teaspoon basil
pepper (to taste)
1 teaspoon oregano
2 teaspoons grated Swiss cheese
1 pound spaghetti, cooked and drained

In a skillet, saute' the garlic in olive oil until transparent. Add the onion, chicken, zucchini, cherry tomatoes, salt, basil, pepper, oregano and cheese. Continue to stir until the vegetables are heated through.

Add the cooked pasta.

Serve immediately with a green salad and French bread.

Chicken

Per Serving (excluding unknown items): 4033 Calories; 142g Fat (32.3% calories from fat); 305g Protein; 364g Carbohydrate; 18g Dietary Fiber; 742mg Cholesterol; 19963mg Sodium. Exchanges: 23 Grain(Starch); 35 Lean Meat; 4 Vegetable; 5 1/2 Fat.