

Honey Nut Chicken Stir-Fry

6 servings (305 calories, 9gm fat/each serving)

2 teaspoons peanut or vegetable oil
2 medium carrots, peeled and sliced on the diagonally sliced
2 stalks celery diagonally sliced
1 ½ lb. chicken, boneless, skinless, cut into 3 inch strips
1 tablespoon cornstarch
¾ cup orange juice
3 tablespoon soy sauce
1 tablespoon honey
1 teaspoon ginger
¼ cup peanuts, chopped
¼ cup scallions, thinly sliced

1. Heat 1 teaspoon of oil in wok or deep frying pan over high heat.
2. Add the carrots and celery and stir-fry (turning and mixing constantly) for 3 minutes.
3. Add the other teaspoon of oil and the chicken and stir-fry for 5 more minutes.
4. In a small bowl, dissolve the cornstarch into the orange juice. Add the soy sauce, honey and ginger.
5. Add the sauce to the wok and cook over medium heat until the sauce has thickened.
6. Sprinkles the nuts and scallions on top.