

### Quick Chicken Stir-fry

This is one of my favorite Chinese recipes.

- 1 lb. chicken, sliced 1/4" thick
- 1 Tb. oil
- 1/2 tsp. ground gingerroot (optional)
- 1 garlic clove, minced
- 1 cup broccoli flowerets
- 1 cup red pepper strips
- 1 cup carrot slices
- 1/2 cup sliced green onions
- 1/2 cup Miracle Whip  
(regular, light, or free)
- 1 Tb. soy sauce



Cut chicken into strips.

In wok heat oil; add chicken and stir-fry until lightly browned.

Add gingerroot and garlic; then remove chicken.

To same wok, add vegetables; stir-fry 3 to 4 minutes.

Add Miracle Whip and soy sauce and chicken. Cover and cook, 1-1/2 minutes.

Serve with rice.

Trick: Add small amount of water to wok to keep the wok from burning, before adding the vegetables.

Yield: 4 servings.