

Quick and Easy Chinese Chicken With Walnuts

Chef John Hughes
The GYPSY KITCHEN
www.the-gypsy-kitchen.com

Servings: 2

2 Chicken Breasts, No Skin, No Bone, cut into 1-inch pieces
1 Tablespoon Low Sodium Soy Sauce
1/2 Tablespoon Water
1 Tablespoon Dry Sherry
1 Teaspoon Arrowroot
1/2 Teaspoon Granulated Sugar
1/2 Teaspoon Fresh Ginger, finely minced
Pinch Crushed Red Pepper
1 Tablespoon Peanut Oil (or Vegetable Oil)
1 Medium Bell Pepper, cut into 1" pieces
1 Tablespoon Walnuts
1 Tablespoon Green Onion, diagonally sliced

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Mix the soy sauce, water, sherry, arrowroot, sugar, ginger and red pepper.

Heat large skillet or wok with the peanut oil over medium-high heat. Quickly stir-fry the bell pepper for 2 minutes then remove. Add the chicken and stir-fry for 3-4 minutes, add the soy mixture and walnuts and continue to cook until sauce begins to thicken.

Stir in the sliced green onion and quickly toss. Arrange on warmed dinner plates along with your choice of steamed rice or crispy Asian noodles.

Per Serving (excluding unknown items): 253 Calories; 11g Fat (39.1% calories from fat); 29g Protein; 8g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 379mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.