

3   tablespoon   oil

1    teaspoon   cornstarch

1     pound   boneless chicken breasts \*

1/2   teaspoon   ground ginger

1/2       cup   broccoli florets

1 1/2       cup   water

2     ounce   snow peas (about 1/2 c)

2    teaspoon   imported soy sauce

1     med   carrot thinly sliced

1    teaspoon   white or rice vinegar

1/2       med   red or green pepper \*\*

hot cooked rice

1     env   golden onion soup mix

\*    Chicken breasts should be cut into thin strips. \*\* Sweet pepper should be cut into thin strips.

~----- ~----- In large skillet, heat oil and cook chicken with vegetables over medium- high heat, stirring constantly. 10 minutes or until chicken is golden and vegetables are crisp-tender. Thoroughly blend golden onion recipe soup mix, cornstarch, ginger, water, soy sauce and vinegar; stir into chicken mixture. Bring to a boil, then simmer uncovered 10 minutes or until sauce is thickened. Serve over hot rice and garnish, if desired, with sliced green onion and toasted sesame seeds. MICROWAVE DIRECTIONS: Omit oil and degrease ginger to 1/4 t. In 2-quart casserole, heat chicken, uncovered, at HIGH (Full Power) 4 minutes or until almost done; remove chicken and drain. Add vegetables to casserole and heat uncovered 5 minutes at HIGH (Full Power). Thoroughly blend golden onion soup mix, cornstarch, ginger, water, soy sauce and vinegar; stir into vegetables. Heat uncovered 5 minutes on HIGH (Full Power) or until sauce is thickened, stirring once. Return chicken to casserole and heat 1 minute or until heated

through. Let stand covered 5 minutes. Serve and garnish as above. Converted by MMCONV vers.

1.00