



Moo Goo Gai Pan

INGREDIENTS

3 boneless chicken breasts, cut into strips	4 TSP minced garlic
3 TBSP sesame or olive oil	2 TSP minced fresh ginger root
16 oz. fresh mushrooms, sliced	2 TBSP rice wine vinegar
½ bag fresh snow peas	½ cup chicken broth
1 container/can bamboo shoots	1-2 TBSP arrowroot powder (for thickness, if desired)
½ bunch scallions, chopped	2-3 TBSP water
1-2 (8 oz) cans sliced water chestnuts, drained	1 sliced red pepper for garnish
Salt and pepper to taste	

DIRECTIONS

Heat half the oil in a wok or large skillet over high heat. Stir in mushrooms, snow peas, water chestnuts, and bamboo shoots. Season to taste with salt and pepper. Cook and stir until vegetables are just tender, about 5 minutes. Remove veggies from wok and wipe clean. Heat remaining TBSP of oil in wok. Stir in garlic and ginger; cook a few seconds until garlic turns golden brown. Add chicken and cook until it's no longer pink, about 5 minutes. Add rice wine vinegar and chicken broth; bring to a boil. Dissolve arrowroot in water and stir into simmering sauce. Once sauce simmers, stir until thick and clear, about 30 seconds. Return vegetables to wok with the scallions, toss until hot and coated with the sauce. Garnish with red pepper. Makes 6 servings; 230 calories each.