

Chinese-Style Chicken(4 Servings)

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Ingredients:

1/8 cup	Water
1/2 tbsp	Reduced-sodium soy sauce
1/8 tsp	Garlic powder
1/2 tbsp	Water
1/4 tbsp	Cornstarch
1/4 cup	Celery, bias-sliced 1/4"thick
1	green onions, cut into 1 pieces
1/3	cup hot cooked rice

Instructions:

Remove skin from chicken. Rinse Chicken; pat dry. Spray a cold large skillet with nonstick coating. Preheat the skillet over medium heat. Brown chicken pieces on all sides in hot skillet.

Add 3/4 cup water, soy sauce, and garlic powder. Bring to boiling; reduce heat. Simmer, covered for 35 to 40 minutes or till chicken is tender and no longer pink. Transfer chicken to a serving platter; keep warm.

For sauce, stir together the 2 tablespoon water and the cornstarch; set aside. Cook and stir for 3 to 4 minutes or until celery is crisp & tender. Stir in the cornstarch mixture. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Serve chicken and sauce with hot cooked rice. Makes 4 servings.

Food Exchange per serving:

3 LEAN MEAT EXCHANGES

chinese style chicken

1 STARCH/BREAD EXCHANGE