

# EXPLORER

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## I CAN COOK THIS! Simple stir-fry

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Most people like chicken, and at present there is a plentiful supply of fresh chicken available locally at reasonable prices.

The average American consumes almost 60 pounds of boneless chicken per year. Chicken is very high in protein. Four ounces of chicken can provide two-thirds of daily protein for most people.

Chicken is good for your health and can be poached, sautéed, grilled, fried or cooked in a crock-pot or casserole dish.

I personally cook with certified organic chicken since this contains no added hormones, pesticides or antibiotics. Whichever type of chicken you decide to use, be sure to wash and dry it well before cooking.

## Stir-fry Surprise

### Ingredients:

- 1 pound boneless, skinless chicken breast
- 2 tablespoons canola oil
- 2 stalks celery, thinly sliced
- 1 green pepper, cored, seeded and cut into thin strips
- 1 yellow pepper, cored, seeded and cut into thin strips
- 1 orange pepper, cored, seeded and cut into thin strips
- 6 ounces snow peas, trimmed
- 4 ounces small mushrooms thinly sliced
- 4 ounces fresh bean sprouts

### For the marinade:

- 2 tablespoons light soy sauce
- 2 tablespoons olive oil
- 3 tablespoons white wine (optional)
- 3 tablespoons oyster sauce (This is made from oysters and soy sauce.)

**Preparation:** Mix marinade ingredients together. Cut the chicken diagonally into 1/8-inch strips. Pour on marinade. Place the meat in a bowl and set aside for 45 to 50 minutes.

Heat oil in a wok or heavy frying pan. Lift out meat and drain (use a straining spoon if you have one). Reserve marinade. Stir-fry chicken 2 minutes. Add the celery, peppers and snow peas and fry for another minute. Then add the mushrooms and bean sprouts and stir-fry.

Pour the marinade into the wok or pan. Cook for another two or three minutes. Serve with rice.

*Mary Elizabeth Evans has taught cooking through Pima Community College and her company Teascompany at [www.teascompany.net](http://www.teascompany.net).*

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