

makes 6 to 8 servings.

CHICKEN STIR-FRY WITH PILAF

(pictured, page 120)

- 1 large egg white
- 2 boneless chicken breasts, skinned, cut in $\frac{3}{4}$ -inch-wide strips (1 $\frac{1}{4}$ lb)
- 1 tbsp rice vinegar
- $\frac{1}{4}$ c. soy sauce
- $\frac{1}{2}$ tsp brown sugar
- 1 pkg (7 oz) rice-pilaf mix
- 1 pkg (10 oz) frozen peas, thawed
- 1 large carrot, pared, cut crosswise and diagonally in $\frac{1}{4}$ -inch-thick slices
- 2 green onions, chopped
- 1 can (6 oz) mushroom caps in butter, drained
- 2 tsp grated ginger root
- 1 tbsp cornstarch
- 1 c. chicken broth
- $\frac{1}{4}$ c. dry roasted peanuts

1. In small bowl, whisk egg white until frothy. Add chicken; toss to coat. Set aside. In another small bowl, combine vinegar, soy sauce and brown sugar; set aside.

2. Prepare rice mix as package label directs; place in large bowl. Stir in peas. Keep warm.

3. In large skillet, heat 2 tablespoons salad oil over medium-high heat. Add chicken; sauté 1 minute, stirring. Add carrot, green onions, mushrooms and ginger; cook, stirring, 2 minutes, or until onions are tender-crisp.

4. In small bowl, mix cornstarch with $\frac{1}{4}$ cup broth until blended. Stir in remaining broth; add to chicken mixture. Bring to boiling, stirring; boil 2 minutes. Stir in rice mixture; sprinkle with nuts.

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