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**PRIZE  
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RECIPES**



## Fast-Fixin' Chicken

File under Poultry  
July 1987

**\$100 WINNER** Mickey Strang, Ridgecrest, Calif.

### Plum Delicious Chicken

Start with boneless chicken breasts and you'll have this fruit-filled stir-fry on the table in less than 20 minutes—

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|---|--|
| 2 whole large chicken breasts<br>(about 1½ pounds total),<br>skinned, boned, and halved<br>lengthwise | 2 teaspoons cornstarch                                   |
| 2 tablespoons sugar   | 2 tablespoons cooking oil                                |
| 1 tablespoon rice wine vinegar or<br>white wine vinegar   | 1 small onion, thinly sliced and<br>separated into rings |
| 1 tablespoon soy sauce  | 1 6-ounce package frozen pea<br>pods                     |
|   | 6 plums, pitted and quartered                            |
|   | <b>Chow mein noodles (optional)</b>                      |

Rinse chicken; pat dry. Cut into thin bite-size strips. For sauce, in a small mixing bowl stir together sugar, vinegar, soy sauce, and cornstarch. Set aside.

Preheat a wok or 12-inch skillet over high heat; add oil. Stir-fry onion in hot oil for 1 minute. Add chicken; stir-fry for 2 minutes or till chicken and onion are tender. Push mixture from center of the wok. Stir sauce; add to center of the wok. Cook and stir till thickened and bubbly. Add pea pods; stir to coat. Cook and stir for 2 minutes more or till heated through. Stir in plums. Serve with noodles. Makes 4 servings.

**Nutrition information per serving:** 303 cal., 29 g pro., 25 g carbo., 10 g fat, 71 chol., 321 mg sodium, 3 g dietary fiber. U.S. RDA: 28% vit. C, 11% thiamine, 14% riboflavin, 63% niacin, 24% phosphorus.