

# Walnut Chicken Skillet

*Source: April, Jan. 2000*

## **Ingredients**

- 2 teaspoons Cornstarch, divided
- 3 Soy Sauce, Divided
- 1 lb. Boneless Skinless Breasts Cut Into ¼ Inch Strips
- 1 Water
- 1½ teaspoons Vinegar
- 1½ teaspoons Sugar
- ds Hot Pepper Sauce
- ½ cup Walnuts Halves
- 3 Veg. Oil
- 1 Green Pepper, Cut Into 1-Inch Pieces
- ½ teaspoon Ground Ginger
- Hot Cooked Rice

## **Method**

In a bowl, combine 1 tsp of cornstarch and 1 tbsp soy sauce until smooth, add chicken and toss to coat. Cover and refig for 30 min. Combine water, vinegar, sugar, hot pepper sauce and remaining cornstarch and soy sauce; set aside. In a skillet, saute walnuts in oil until toasted. Remove with slotted spoon and set aside. In the same skillet stir-fry chicken until juices run clear. Add green pepper and ginger to skillet; cook and stir for 3 min, or until pepper is crisp tender. Stir cornstarch mixture; add to skillet.