**Chicken Stir Fry**

½ lb. chicken strips 1 Tbsp. corn starch

1 tsp. sugar 3 Tbsp. soy sauce

½ c chicken broth 1 Tbsp. oil

Mix together all ingredients except oil in a bowl. Add chicken & stir.

1 broccoli stalk 1 carrot

1 celery stalk ¼ red bell pepper

¼ carton mushrooms ½ can water chestnuts

2 green onions 2 Tbsp. oil

Cut all vegetables into equal bite size pieces, but thin pieces. Add oil to pan & heat. When hot, add carrots, broccoli, red bell pepper, celery, mushrooms & green onion. Drain water chestnuts & add. Cover & simmer for 4 min. Remove vegetables from pan & keep warm. In the same skillet, stir-fry chicken in 1 Tbsp oil until meat is no longer pink. Return vegetables to pan, heat through.