

# **Tangerine Chicken Stir-Fry**

## **Ingredients:**

1/2 cup fresh tangerine or orange juice  
1/3 cup soy sauce  
2 teaspoons cornstarch  
1 tablespoon peanut or canola oil  
1 1/4 lb boneless skinless chicken breasts, cut into 1-inch pieces  
1 cup ready-to-eat baby-cut carrots, cut in half lengthwise in half  
2 cups fresh broccoli florets  
4 oz whole fresh mushrooms, cut into quarters  
1 can (8 oz) sliced water chestnuts, drained  
2 tablespoons water  
1/4 cup finely chopped fresh cilantro

## **Directions:**

1. In small bowl, mix juice, soy sauce and cornstarch until cornstarch is dissolved; set aside.
2. In 12-inch wok or nonstick skillet, heat oil over medium-high heat. Cook chicken in oil 4 to 5 minutes, stirring frequently, until no longer pink in center. Add carrots; cook 2 to 3 minutes. Add broccoli, mushrooms, water chestnuts and water; cook 3 to 4 minutes longer, stirring frequently, until vegetables are crisp-tender
3. Reduce heat to low. Stir juice mixture, then stir into chicken mixture. Cook and stir 1 minute or until sauce is slightly thickened. Sprinkle individual servings with 1 tablespoon cilantro.

**Yield: 4 Servings**