

Chicken Stir Fry

¾ cup orange juice

¼ cup honey

3 Tablespoons soy sauce

¾ teaspoon ground ginger

2 Tablespoons oil

Vegetables- I use carrots, broccoli, cauliflower, water chestnuts, baby corn, mushrooms, zucchini, squash. Whatever you have on hand or like.

1 pound cubed chicken

½ cup cashews or honey roasted peanuts (optional)

Rice

In a small bowl combine orange juice, honey, soy sauce, cornstarch, and ginger. Over high heat, preheat wok or large, deep skillet; add 1 Tbsp of the oil. Add vegetables, stir fry 3 minutes. (I probably cook them a little longer). Remove vegetables to a bowl. Add remaining oil and the chicken pieces to wok, stir fry until fully cooked. Add vegetables to chicken; pour in sauce. Let simmer for 5 minutes. Serve with cooked rice.