ORIENTAL CHICKEN STIRFRY

1/2 lb. Boneless, skinless chicken breast
1-1/2 tsp. Regular margarine
8oz. Frozen mixed vegetables
(broccoli, carrots and water chestnuts)
1 Tbsp. Reduced-sodium soy sauce
1/8 tsp. Pepper
1 Tbsp. Diced pimento (optional)
1 - 1/2 tsp. Cornstarch
1/2 cup Ready-to-serve, low-sodium chicken broth

Cut chicken into 3/4 inch strips and set aside.

Melt margarine in a large non-stick skillet or wok on medium heat. Add chicken and stirfry (continuously stir whole frying in a small amount of fat) over high heat until it loses its pink color.

Add mixed vegetables, soy sauce, pepper and pimento.

In a separate bowl, combine cornstarch and chicken broth; stirring until thickened. Reduce heat to low; cover pan and simmer 5 minutes.

Serve with rice if desired.
(Can refrigerate for up to two days.)

3 Servings