

Veggie Chicken Stir-Fry

1 1/2 lbs. boneless, skinless chicken breast, cut into strips
1 garlic clove, minced
1 tbsp. minced, fresh gingerroot
3 tbsp. vegetable oil
2 medium carrots, julienned
2 medium parsnips, peeled, halved and thinly sliced
1 (14 1/2 oz.) can chicken broth
3/4 cup apple juice or cider
3 tbsp. teriyaki sauce
2 cups fresh broccoli florets
3/4 cups frozen pearl onions
1/4 cup cornstarch
1/2 cup cold water
hot cooked rice

In a large wok or skillet, stir fry chicken, garlic and ginger in oil until chicken is no longer pink. Remove chicken; keep warm. Drain oil from skillet; add carrots, parsnips, apple juice and teriyaki sauce. Bring to a boil. Reduce heat to medium, cover and cook 5 minutes. Add broccoli and onions. Cover and cook 4 minutes. Return chicken. Combine cornstarch and water; stir into chicken mixture. Bring to a boil for 2 minutes. Serve over rice.

Agnes DeLeon • Melrose

Stir-Fry Chicken

4 small chicken breasts sliced into 1/2 inch wide strips
2 tbsp. cornstarch
1/2 tsp. ground ginger
1/2 cup water
Pepper
1/4 cup light corn syrup
1/4 cup soy sauce
5 tbsp. oil, divided
2 cups raw broccoli, slant cut
1 cup raw carrots, slant cut
1 onion, cut in wedges
water chestnuts, sliced
1/2 cup frozen peas

Mix together cornstarch, ground ginger, water, pepper, light corn syrup and soy sauce and set aside. Heat 3 tablespoons oil in skillet. Stir fry broccoli, carrots and onion for about 2 minutes, then add waterchestnuts to taste and frozen peas. Fry 1 more minute. Remove veggies, add 2 tablespoons oil to pan. Stir-fry chicken strips until white, about 2 - 3 minutes.

Return veggies to pan. Pour soy mixture over all, stir-fry 1 minute. Serve on cooked rice.

Kathy Biesheuvel • Broadus

Big Sky Stir-Fry

2 lbs. venison, elk or beef sliced thin
1/4 cup soy sauce
1 cup bouillon
1/4 tsp. fresh ginger
2 cloves garlic, minced
1/4 cup rice wine vinegar
1/2 tsp. sugar
3 green peppers cut into strips
1 cup water chestnuts
3 tbsp. cornstarch

Dry meat on paper towels, add the meat to a hot wok or skillet (peanut oil works well for frying, as it holds up to the heat). Stir fry a couple of minutes and add the garlic and fry until garlic is light brown and set aside. Combine soy sauce, bouillon, ginger, vinegar, sugar and cornstarch in pan and cook until thickened. Combine the sauce with the meat and green peppers and add the water chestnuts last. Serve over hot rice.

Marilynn Lewin • Rexford

Quick Fried Rice

1/2 cup chopped onion
1/2 cup chopped green pepper
1/4 cup oil
3 cups cold, cooked rice
2 eggs, lightly beaten
2 tbsp. soy sauce
1/4 tsp. black pepper
2 tsp. beef bouillon granules
2 cups of cooked meat (chicken, pork, beef or shrimp)

Sauté onion in hot oil until golden brown. Stir in eggs, green pepper, black pepper, bouillon and soy sauce. Sauté 3 minutes, stirring often. Add rice; heat thoroughly, still stirring. Add meat and continue heating until mixture is steaming hot. Serve.

Cindy Artist • Fort Shaw

Chicken Cashew

1 lb. boned chicken
1/2 tsp. sugar
4 green onions
2 oz. cashews
4 slices of ginger
2 tbsp. cornstarch
3 tbsp. soy sauce
1/2 cup frozen peas or pea pods
3 tbsp. oil

Cut the chicken into small cubes and put in a bowl with cornstarch, sugar and soy sauce. Marinate for 20 minutes or more. Thaw and drain the frozen peas. Cut green onions into 1 inch pieces. Heat 3 tablespoons of oil in frying pan until hot. Stir fry ginger and chicken until golden brown and done. Add peas, green onions and cashews and continue stir-frying for one minute longer. Serve with rice.

Sandy Cecrle • Fairfield

Pork Stir-Fry with Linguine

1 lb. boneless pork
4 oz. linguine
1 tbsp. oil
1 clove garlic, minced
1 (6 oz.) pkg. snow pea pods
1/2 cup milk
1 tsp. basil, crushed
dash of ground nutmeg
1/3 cup shredded Swiss cheese
1 (4 oz.) can sliced mushrooms, drained

Partially freeze pork. Thinly slice into bite-size strips. Cook linguine 8-10 minutes. Drain and keep warm. Preheat skillet over high heat. Add oil. Stir-fry garlic for 30 seconds. Add pea pods and stir for 2 minutes. Remove pea pods and add more oil. Add half the pork to hot oil and fry 3 or 4 minutes. Remove from skillet. Stir-fry remaining pork 4 minutes. In skillet heat milk, basil and nutmeg. Add cheese and heat until it melts. Stir pea pods, pork and mushrooms into cheese mixture. Heat through. Remove from heat. Add linguine and serve.

Jane Bailey • Corvallis