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### **Note:**

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## ***Chicken and Celery Stir-Fry***

- 1 Tbsp peanut oil or vegetable oil
- 1 Tbsp ginger, minced
- 1 Tbsp garlic, minced (about 2–3 cloves)
- 1 Tbsp fresh scallions (green onions), rinsed and minced
- 2 Cups celery, rinsed and sliced
- 1 Cup carrots, rinsed and peeled into very thin strips
- 1 Tbsp cornstarch
- 1 Cup low-sodium chicken broth
- 2 Tbsp rice vinegar
- 12 Oz boneless, skinless chicken breast, cut into thin strips
- 1 Tbsp lite soy sauce
- 1/2 Tbsp sesame oil (optional)
- 1 Tbsp sesame seeds, toasted (optional)

- 1) Heat oil in a large wok or sauté pan. Add ginger, garlic, and scallions, and stir fry briefly until cooked, but not brown, about 30 seconds to 1 minute.
- 2) Add celery and carrots, and continue to cook gently until the celery begins to soften.
- 3) In a bowl, mix cornstarch with chicken broth, and add to the pan. Add rice vinegar, and bring to a boil over high heat. Lower temperature to a gentle simmer.
- 4) Add chicken, and stir continually for 5–8 minutes.
- 5) Add soy sauce, sesame oil (optional), and sesame seeds (optional), and mix gently.
- 6) Serve 1 cup chicken stir-fry.

Makes 4 Servings