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Cantonese Chicken

- 1 Pounds chicken, breast, boneless, skinless; cut into 1-inch cubes
- 1 Cup celery, chopped
- 1 Cup water chestnuts, canned, sliced and drained
- 14 1/2 Ounces sprouts, bean, canned, rinsed, and drained
- 14 1/2 Ounces broth, chicken, fat-free, salt-free
- 2 Tbsp soy sauce, lite
- 1 1/2 Tbsp cornstarch
- 1/2 Tsp salt
- 1/4 Tsp pepper, black ground

- 1) Coat a large nonstick skillet with cooking spray. Over medium-high heat, cook chicken for 6 minutes or until chicken is cooked through. Remove chicken from pan.
- 2) Add celery, water chestnuts, and bean sprouts; stir-fry for about 3 minutes.
- 3) In a medium bowl, whisk broth, soy sauce, and cornstarch together. Add broth mixture to pan. Bring to a boil; reduce heat and simmer for 5 minutes. Add salt and pepper. Add chicken back to pan and heat through.
- 4) Serve over Chinese noodles or rice.

Makes 4 Servings