



Market Chicken Stir Fry



Ingredients

- 2 cups white rice, cooked
- 2 T vegetable oil
- 3 chicken breasts, boneless, skinless precooked
- 1 yellow onion, cut in half, sliced
- 3 ribs celery, sliced
- 2 med carrots, peeled and sliced
- 1 red pepper, cleaned, sliced
- 1 green pepper, cleaned and sliced
- 1 head broccoli, cut in 3/4" pieces
- 1 small napa cabbage, cored and sliced
- 20 pea pods or sugar snap peas
- 1 med zucchini, cut in half and sliced
- 3 green onions, sliced for top garnish

Sauce Ingredients

- 2 c chicken stock or water
- 2/3 c soy sauce
- 1/2 t dark sesame oil
- 1/2 c dark brown sugar
- 2 T corn starch
- 1 T fresh garlic, minced
- 1 T fresh ginger, minced
- 1/4 t red pepper flakes

Directions

1. Mix all sauce ingredients in 1 qt. measuring cup, set aside.
 2. In a wok or large skillet, heat on med-high, heat 1 T vegetable oil and start sautéing ingredients slowly in order as listed; yellow onion, celery, carrots, peppers, broccoli, cabbage, pea pods, sugar snaps and zucchini to par-cook each, then adding; diced chicken to heat.
 3. Push all to sides and add sauce ingredients, bring to simmer to thicken, about 3 minutes.
 4. Toss all together and garnish with sliced green onions.
- Serve over rice or lo-mein noodles.
Serves 4-6



Market Apple Compote



Ingredients

- 1 1/2 c water
- 1 1/2 T lemon juice
- 6 c apples, firm, sliced or diced
- 1/2 c white sugar
- 1 t cinnamon
- 1/8 t nutmeg
- 1 t cornstarch
- 1 t vanilla
- *options
- 1/2 c pecans, chopped and toasted
- 1/2 cup golden raisins or raisins
- 1 T whiskey

Just Apples

* with options



Directions

1. In medium sauce pot add water and lemon juice, bring to simmer, add apples and simmer 2 - 3 minutes.
 2. In small bowl mix; sugar, cinnamon, nutmeg and cornstarch. Add to apples simmering. Cook 2 more minutes, add vanilla. Take off heat, cool.
 3. *If adding options, add raisins for last 2 minute of simmering. Take off heat and add pecans.
- Cool a bit, ready to eat.
Serve on ice cream with granola, or on crackers and cheese.