

## TWIN DRAGONS – Jackson Lee

### Stir-fried Pineapple Chicken with Ginger & Vegetables

1 med onion, cut into $\frac{3}{4}$ sq. inch	$\frac{1}{2}$ tsp salt
Red & green sweet peppers, cut into $\frac{3}{4}$ sq. inch	Dash ground white pepper
1 carrot, sliced	Dash cooking wine
1 celery heart, sliced	$\frac{1}{2}$ cup white vinegar
1 ginger root, shredded	3 tsp cooking oil
$\frac{1}{2}$ cup fresh cored pineapple, cut into $\frac{3}{4}$ " cubes	$\frac{1}{2}$ cup sugar
** Marinated, cooked chicken breast	$\frac{1}{4}$ cup chicken broth
	3 tsp starch

#### Sauce:

Mix salt, ground white pepper, white vinegar, sugar (use only the right amount of vinegar & sugar mixture to your taste) and chicken broth together over a medium heat and bring it to a boil, turn off heat and set aside for later use.

Heat cooking oil in pan and sauté the ginger and 2 cups of prepared vegetable for about one minute. Add cooked chicken (or shrimp) pineapple, and cooking wine. Cook for another  $\frac{1}{2}$  minute and add prepared sauce. Cover and cook over med high heat until it comes to a boil, thicken with starch, and serve.

Enjoy!

*\*\*May substitute cooked shrimp for chicken breast*