

Chicken Almond Ding

Meat sauce

1 tsp. garlic ^{salt} sauce

1 Tbsp. soy sauce

1 Tbsp. cornstarch

1 1/2 tsp. sugar

1 tsp. sesame oil

1/4 tsp. gr. ginger

mix. Then stir to

coat meat chunks.

fry in small amt. of oil

high heat

vegetable sauce

1 tsp. soy sauce

1 tsp. sugar

1 Tbsp. cornstarch

1/2 c. water

pour over cooked

meat. Add vegetables.

Start w/ longest -

cooking first

cut chicken meat off bones, then into bite-sized chunks. Coat with meat sauce + fry. Then add veg. sauce, then vegetables, starting with longest-cooking. Add $\frac{1}{2}$ c. almonds just before serving.

good vegetables are:

- * Carrots
- * Celery
- * water chestnuts
- broccoli

- cucumber
- cauliflower
- snow peas
- mushrooms