

# Cookbook Corner

## Poultry Stir-Fry Takes Flight

POULTRY	VEGETABLES	AROMATICS	SEASONINGS
Chicken breast, skinless, boneless, 1/2 pound	Red or green bell peppers, cut into thin strips	Scallions, 3 sliced	Red pepper flakes, 1/2 tsp.
Chicken thigh, skinless, boneless, 1/2 pound	Onions or leeks, cut into matchsticks	Garlic, 3 cloves minced	Chili powder, 1 tsp.
Turkey cutlets, 1/2 pound	Asparagus, cut into 1/2-inch lengths	Shallots, 1/4 cup minced	Grated orange zest, 1 tsp.
Duck breast, skinless, boneless, 1/2 pound	Sugar snaps or snow peas, strings removed	Grated ginger, 1 Tbsp.	Curry powder, 1 tsp.
	Broccoli florets		Dark sesame oil, 1 tsp.
	Shredded cabbage		Tarragon, 1 tsp.



(NAPSA)—You don't have to wing it when stir-frying chicken.



Poultry is especially well suited to stir-frying because it cooks quickly and pairs well with a wide range of seasonings. Pick ingredients

from each of the categories and follow these basic instructions: Cut the poultry into strips 1/4 inch wide (or buy it precut for stir-fry). In a small bowl, stir together 1 cup chicken broth, 2 teaspoons cornstarch, 1 teaspoon brown sugar, and 1/2 teaspoon salt to make a coating sauce; set aside. In a wok or large nonstick skillet, heat 2 teaspoons olive or canola oil over medium-high heat. Cook the poultry until cooked through, about 3 minutes. With a slotted spoon,

transfer the poultry to a plate. Choose 2 to 5 vegetables, using a total of 5 cups. Add 2 teaspoons oil and any hard vegetables (asparagus or broccoli) to the pan; stir-fry for 3 minutes. Add any soft vegetables, 1 to 3 aromatics, and 1 to 4 seasonings. Cook until the vegetables are crisp-tender, about 3 minutes. Stir the coating sauce to recombine. Return the poultry to the pan, along with the coating sauce; cook until heated through and evenly coated, about 1 minute. *Makes 4 servings.*

For more than 350 delicious and healthy recipes, best cooking methods, and nutrition profiles and tips on over 150 foods, consult *The Wellness Kitchen* (Rebus, \$34.95) by the staff of the Wellness Kitchen and the editors of the UC Berkeley *Wellness Letter*. Available from bookstores, at [www.wellnessletter.com](http://www.wellnessletter.com) or 1-800-610-3287 ext. 1193.