

# U The Lexingtonienne U

## EASY STIR FRY

- Canola oil
- 1 small onion, sliced
- 2 zucchini, sliced
- 2 C cooked chicken breast, shredded or chopped \*
- 2-3 garlic cloves, minced
- 1 can sliced water chestnuts, drained and rinsed
- 1 can bamboo shoots, drained and rinsed
- 1 C shredded carrots
- 1 C cashews
- 1 C fresh pineapple, cut into bite-size pieces
- 1/2 C store-bought stir fry sauce
- 1 tsp chili paste (leave this out if you don't like spice because it is SPICY!)
- Soy sauce
- Black pepper

*\* I poached two chicken breasts the day before, stored them in the fridge overnight, then shredded them up with two forks. I microwaved the shredded chicken for 1 minute before adding to the stir fry, so it wouldn't be fridge-cold when added.*

Heat a large skillet over medium-high heat. Add enough canola oil to lightly coat the pan. Saute onion until beginning to soften, then add zucchini. Cook for about 5 minutes. Add remaining ingredients one at a time, stirring between additions. Season to taste with soy sauce and pepper, and cook until all ingredients are hot. Serve over rice.

