

## **Oriental Chicken & Vegetables**

**Serves 4**

2 lbs boneless skinless chicken breast  
2 Tablespoons of oil  
Onion cut into slices  
1 can sliced water chestnuts drained  
12 oz pkg of steamable snap peas  
1/2 cup soy sauce  
1 1/2 cups white rice



Bring 3 cups of water and 1 1/2 cups of rice to a boil. Reduce heat to a simmer cover and cook for 20 to 25 minutes until rice is done and water is absorbed. Cut chicken into small pieces. Stir fry chicken and onion in hot oil until cooked browned about 10 minutes. Add soy sauce and let simmer for 10 minutes. Meanwhile cook the snap peas in the microwave. Add to chicken mixture and serve over the rice.

This is a fast but pretty bland. My daughter likes bland food and voted it a keeper. Her brother added hot pepper flakes and thought it was passable

<http://www.lincolntent.com/GlutenFreeCaseinFree-Chicken.html>