

## small saucepan

## Sauce

for  
mango chicken  
stir-fry

Add:

1 cup H<sub>2</sub>O

1/2 cup Splenda

1/4 c. rice wine vinegar

2 tsp. chili sauce

Bring to a boil

Thicken w/ Cornstarch (1 tsp.) in  
~ 1/2 c. water.

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## Wok:

put oil & garlic in.  
Heat.

coated in garlic pepper.  
Add chicken breasts! Cook until browned.  
Remove from wok & cut into strips.

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Cook <sup>mushrooms</sup> onions, carrots & celery in wok.  
Cook

Add broccoli & peppers. Cook through.  
Add ~ 1/4 c. water (to steam veg's.)  
Then - add mango & cover wok.

Add chicken to heat up with rest.  
Add sauce (may not need all of it.)  
Yummy!