

Ginger Chicken & Sweet Potato Recipe

Ingredients:

- 2 Tablespoons olive oil
- 1 pound sweet potatoes, peeled and cut into matchstick-size pieces
- 1 small red onion, cut into eighths, layers separated
- 1 pound boned and skinned chicken breasts, cut into bite-size pieces
- 3 Tablespoons minced fresh ginger
- 1/3 cup minced scallions
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- Cooking Sauce:
- 3 Tablespoons soy sauce
- 3 Tablespoons dry sherry
- 3 Tablespoons water
- 1 Tablespoon firmly-packed brown sugar
- 1-1/2 teaspoons cornstarch

Preparation:

In a 10- to 12-inch frying pan or wok over medium heat, add 1 tablespoon oil, yam sticks, and red onions. Stirring often, cook vegetables until just tender to bite, about 5 minutes. Spoon onto a platter; loosely cover, and keep warm.

Turn heat to high and add remaining tablespoon of oil to pan. When hot, add chicken and ginger. Stir-fry chicken until no longer pink in center (cut to test), about 4 minutes.

Add vegetables, soy sauce, sherry, water, brown sugar, and cornstarch. Stir until the sauce boils. Add scallion and return mixture to platter.

Yield: 4 servings