

# Ginger Apple Stir Fry

New York Apple County

[nyapplecountry.com](http://nyapplecountry.com)

## Ingredients

- 2 medium apples, cored and sliced
- 1 pound boneless skinless chicken breast, cut into strips
- 2 teaspoons sesame oil
- 4 green onions, sliced
- ½ pound pea pods
- 1 small sweet red pepper, cut into strips
- 2 garlic cloves, minced
- 2 tablespoons ginger, minced
- 10 shiitake and/or white mushrooms, sliced
- ¼ teaspoon pepper
- ⅓ cup applesauce, unsweetened
- ⅓ cup chicken broth or water
- 2 tablespoons apple cider vinegar
- 2 tablespoons soy sauce
- 1 tablespoon cornstarch

## Preparation

Heat sesame oil in nonstick skillet or wok. Add garlic and ginger, and stir for approximately 30 seconds. Add chicken and cook in hot oil. Remove chicken from skillet. Add vegetables and cook while stirring until tender crisp; sprinkle with pepper.

Combine applesauce, soy sauce, vinegar, cornstarch and chicken broth or water. Add chicken to vegetables, add sauce mixture and cook until sauce is thickened and clear. Add apples during last five minutes of preparation. Serve over steamed brown rice.

Makes 4 servings

Prep & Cook Time: 40 minutes

Source: U.S. Apple Association

