

Cooking to get Lucky

Sweet and Sassy Chicken

1 lb. boneless chicken breast
2 carrots sliced very thin
1 green bell pepper, cut in thin strips
1 med. onion, cut in thin strips
1 can pineapple chunks

1 bottle Kikkoman sweet and sour sauce
2 tbs. oil
1 tbs. soy sauce
1/4 cup water

Cut chicken into 1 inch cubes. Brown chicken pieces in hot oil and soy sauce in skillet or wok over medium heat. Add 1/4 cup water and cover and cook for 20 minutes stirring occasionally. Stir carrots, onions, green peppers and entire bottle of sweet and sour sauce into chicken mixture and simmer uncovered for 10-15 minutes stirring often. Add the pineapple and cook for another 10-15 minutes more.



Stir It Up Veggies

1 bag of frozen stir fry vegetables
Pinch red pepper flakes

Olive oil
Teriyaki sauce

Heat the oil in a frying pan. When it's sizzling, throw in the vegetables and stir until they're slightly brown and just tender. At the very end, add red pepper flakes and stir in the teriyaki sauce. Remove from heat and toss in water chestnuts. Serve it up, bitch.

Insta-Rice

1 package Uncle Ben's ready rice.

Tear a vent in the corner and stick it in the microwave for 90 seconds. That's it.

For Goodness Sake

Sake
Orange Juice

