



CHICKEN LO MEIN

SERVINGS : 10 -15

INGREDIENTS

1 /2 CN. PINEAPPLE TIDBITS
1 CUP SWEET PEAS
1 CUP SHREDDED
CARROTS
2 LB. DICED CHICKEN
1 LB. SPAGHETTI - COOKED

SAUCE

JUICE FROM PINEAPPLE(2/3 CUP)
1/2 CUP SOY SAUCE
1 CUP TERIYAKI SAUCE
1/4 CUP SUGAR

DRAIN PINEAPPLE AND SAVE JUICE
STIR FRY CHICKEN, ADD VEGETABLES - STIR FRY - 2-3
MINUTES
COMBINE SAUCE INGREDIENTS
STIR IN COOKED SPAGHETTI ,PINEAPPLE AND SAUCE
TOSS UNTIL INGREDIENTS ARE MIXED AND HEATED