

Seafood and Asparagus Oriental Stir-Fry

- * 1 pound salmon, orange roughy, shrimp or scallops
- * 2 tablespoons vegetable oil
- * 10 ounces asparagus, fresh, frozen (thawed and drained) or canned (drained)
- * 1/2 cup diced onions
- * 1/2 cup Michigan celery, cut diagonally
- * 1 cup sliced fresh mushrooms
- * 1 (8-ounce) can sliced water chestnuts, drained
- * 2 cups chicken broth
- * 2 tablespoons cornstarch
- * 2 tablespoons light soy sauce
- * 4 cups cooked rice
- * 1/4 cup slivered almonds, toasted

Wash and clean fish or shrimp. Cut into 1-inch cubes, if necessary. In large nonstick fry pan or wok, heat oil. Stir-fry seafood until fish flakes or seafood is done. Remove from pan. Place asparagus, onions, celery and mushrooms in hot fry pan and stir-fry about 3 minutes or until just crisp-tender. Add water chestnuts and chicken broth. Heat, stirring frequently, until liquid starts to boil. Combine cornstarch and soy sauce. Add to hot mixture, stirring constantly. Continue cooking and stirring about 3 minutes or until mixture thickens and starch is cooked. Return seafood to fry pan and continue cooking until hot. Serve immediately over hot rice and garnish with almonds. Makes 6 servings.