

## Diced Chicken Almond or Cashew Nut Chop Suey

Dice:

1 medium onion,  
3 stalks celery,  
5 water chestnuts,  
8 good sized fresh mushrooms,  
1 large green pepper,  
 $\frac{3}{4}$  c bamboo shoots,  
1 pound bok choy.  
6 ounces diced chicken or turkey  
A little ginger sliced

Also:

1 tsp salt,  
1 tsp MSG,  
2 tsp soya sauce,  
3 cloves minced garlic,  
 $\frac{1}{4}$  c water,

Heat frying pan with 2 tblsp oil, then put above ingredients in. Cook on high heat for about 15 min. Cover. Add 1 cup roasted almonds or cashew nuts mixing well. Cook another 5 min. Then thicken juice with corn starch.