

POULTRY & MANGO GEORGIA PECAN STIR FRY

Ingredients

- 1-pound boneless, skinless chicken breasts or turkey breast tenderloins, all visible fat removed
- 1 cup mango or peach chunks
- Vegetable oil spray
- 2 tablespoons Asian-style cooking sauce for chicken, vegetables and meat, or sweet-and-sour sauce
- 1/4 cup chopped Georgia Pecans, dry-roasted

Directions

1. Rinse chicken and pat dry with paper towels. Cut chicken into bite-sized pieces.
2. If using canned fruit, drain it and pat it dry with paper towels. Set aside.
3. Spray a large skillet with vegetable oil spray. Place over medium-high heat. Add chicken to hot skillet.
4. Cook 3 – 5 minutes or until tender and no longer pink.
5. Remove from heat and stir in sauce.
6. Gently stir in mangos or peaches.
7. Return to heat; heat through, about 5 minutes.
8. Transfer to a serving dish and sprinkle with pecans.

