

Recipie # 14 Chinese Chicken Morsels

x1	x3	x6	Ingredient
1 lb	3 lb	6 lb	boneless skinless chicken breast
1/2 cup	1 1/2 cup	3 cups	lemon juice
1/4 cup	3/4 cup	1 1/2 cups	soy sauce
1/4 cup	3/4 cup	1 1/2 cups	Dijon mustard
2 tsp	6 tsp	12 tsp	vegetable oil
1/4 tsp	3/4 tsp	1 1/2 tsp	cayenne pepper
1 cup	3 cups	6 cups	regular, uncooked rice
4-5 servings	12 servings	24 servings	

Directions:

Cut chicken breasts into 1 inch cubes (scissors work best). Mix lemon juice, soy sauce, mustard, oil and pepper. Put marinade and chicken cubes in a 1 gallon bag and store in freezer.

To prepare for serving, thaw chicken and remove from marinade. Warm marinade in a small saucepan.

For a luncheon alternative, toss sauteed or broiled chicken morsels with mixed salad greens, shredded carrots, cherry tomatoes, chopped green bell pepper, sliced water chestnuts and croutons. Use your favorite low-calorie dressing.