



Quick and Easy Chik'n Chow Mein

1 can Heritage Chik'n Bites, sliced into strips

1 can (28 oz) La Choy Stir Fry Vegetables, drained

1 teaspoon Bragg Liquid Aminos or soy sauce

Directions: Mix all ingredients and heat in sauce pan.

Serve over crispy chow mein noodles, lo mein noodles or rice. Try with Loma Linda FriChik

Submitted by Rae S. of North Carolina