

Kung Pao Chicken

Serving size: 1 cup each; makes 4 servings

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Ingredients

- 2 Tbsp dark sesame oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1 pound skinless, boneless chicken meat, cut into 1-inch pieces
- 3/4 cup water
- 1 Tbsp low-sodium soy sauce
- 2 tsp cornstarch
- 1 tsp brown sugar
- 1/2 tsp bottled minced ginger
- 1 to 1 1/2 tsp crushed red pepper
- 1 cup thinly sliced red bell pepper (about 1 large pepper)
- 1 cup snow peas, trimmed
- 2 Tbsp chopped unsalted, dry-roasted peanuts



Preparation

1. Heat sesame oil in a large skillet over medium-high heat. Add onion to pan; sauté 3 minutes or until softened. Add garlic; sauté 30 seconds, stirring constantly. Add chicken; sauté 3 minutes or until chicken begins to brown.
2. In a separate bowl, combine 3/4 cup water and the next 5 ingredients (through crushed red pepper), stirring with a whisk until sugar dissolves. Add water mixture to pan; bring to a boil.
3. Add bell pepper and snow peas to pan; cook for 2 minutes or until vegetables are crisp-tender and sauce thickens.
4. Separate into four portions. Set warm. Sprinkle with peanuts before serving.

Tips:

-You can experiment using other vegetables such as broccoli, celery, carrots, sprouts or cabbage to add variety, color and fiber!

-Serve over lettuce or cabbage leaves for a low-carb meal

Nutritional Information

Per serving

Calories: 304

Total Fat: 13 g

Saturated Fat: 3 g

Cholesterol: 117 mg

Total Carbohydrate: 10 g

Dietary Fiber: 2 g

Sugar: 4 g

Protein: 37 g

Sodium: 205 mg

Potassium: 563 mg

Adjusted from: <http://www.myrecipes.com>