

Peanut Sauce Stir Fry w/ Chicken

Makes 4 servings

- 1 1/2 boneless skinless chicken breasts cut into 1" diameter pieces
- 2 cups frozen broccoli florets
- 2 cups frozen stir fry vegetable medley
- 1 T chopped fresh ginger
- 1 T chopped fresh garlic
- 1 T light soy sauce
- 2 T honey
- 3 T natural peanut butter
- 1/4 t salt
- 1/4 cup orange juice (water can also be used)
- 2 t cornstarch
- 3 cups cooked brown rice



Apply some non-stick cooking spray (such as Pam) to a non-stick pan and cook chicken pieces to an internal temperature of at least 165°F (chicken will be firm). Remove chicken from pan and set aside. Remove oil from pan and add broccoli and vegetables and cover. When vegetables are warm to the touch add ginger, garlic, soy sauce, honey, and peanut butter. Combine orange juice and cornstarch in a small bowl and mix. Pour this mixture over the vegetables. Add set aside chicken. Continue to heat about 30 seconds stirring frequently until sauce has thickened. Serve over cooked rice.

Nutrition information: 460 calories, 10g fat, 33g protein, 440mg sodium, 6g dietary fiber.
Excellent source of: vitamin A, vitamin C. Good source of Iron.

