

# Kung Pao Chicken over Rice

**Servings: 5**

## **Ingredients:**

### CHICKEN

- 1 lb. skinless chicken breast, cut into strips
- 2 Tbl. soy sauce
- 1 Tbl. canola oil
- 1 Tbl. sesame oil
- 1 Tbl. minced garlic

### SAUCE

- $\frac{1}{2}$  cup water
- 2 Tbl. cornstarch (dissolved in 2 Tbl. water)
- $\frac{1}{2}$  Tbl. ginger paste

### EVERYTHING ELSE

- 2 cups broccoli
- 1 package (16 oz) frozen bell pepper strips (or 2 c. fresh)
- 4 green onions, chopped
- $\frac{1}{2}$  c. carrots (cut into sticks or rounds)
- $\frac{1}{2}$  tsp. crushed red pepper flakes (dry spice)
- 2 ounces roasted peanuts, chopped

## **Directions:**

**Note:** Make rice ahead of time following package, or rice cooker, directions.

1. Cut chicken into strips.
2. Heat canola and sesame oils in a large nonstick skillet over medium heat. Add garlic, cook for 1 minute, then add chicken and soy sauce. Cook, stirring every 1 to 2 minutes, until golden brown, 7 to 9 minutes total. Remove chicken from pan and set aside.
3. Meanwhile, whisk water, cornstarch and ginger in a small bowl.
4. Add broccoli, carrots and bell peppers to the pan and cook, stirring occasionally, until beginning to soften, about 4 minutes. Reduce heat to low, add green onions and cook, stirring, until thickened, 2- to 3-minutes. Return the chicken to the pan along with peanuts and (if using) crushed red pepper. Stir to coat with sauce. Serve immediately with rice. Enjoy!

## **Nutrition:**

### **Kung Pao Chicken** (Serving size: 1 cup)

*calories: 292    protein: 26g    total carbohydrate: 14.9g    total fat: 13g*  
*sugars: 4.6g    sodium: 535mg    dietary fiber: 3.8g    saturated fat: 1.8g*

### $\frac{1}{2}$ cup rice:

*calories: 108    protein: 2.5g    total carbohydrate: 22.4g    total fat: 0.9g*  
*sugars: 0.3g    sodium: 4.8mg    dietary fiber: 1.4g    saturated fat: 0.2g*