

Sesame Chicken Stir-Fry

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Servings: 4

*1 cup uncooked rice
1 tablespoon canola oil
1 red pepper, roughly chopped
1 yellow pepper, roughly chopped
1 onion, roughly chopped
1 pound boneless/ skinless chicken breasts, cut into one-inch pieces
3 tablespoons cornstarch
1 tablespoon canola oil
2 tablespoons low-sodium soy sauce
2 tablespoons rice vinegar
1 tablespoon sriracha
1 tablespoon honey
1 teaspoon toasted sesame oil
2 cloves garlic, finely chopped
1 (one-inch piece) fresh ginger, finely chopped
1/3 cup water
1 tablespoon toasted sesame seeds
2 scallion, thinly sliced*

Cook the rice per package directions.

In a large nonstick skillet on medium, heat one tablespoon of canola oil. Add the peppers and onion. Cook, stirring occasionally, until tender for 6 to 8 minutes. Transfer to a bowl.

In a large bowl, toss the chicken with the cornstarch.

Add one tablespoon of canola oil to the same skillet. Cook the chicken, stirring occasionally, until golden and cooked through, 5 to 7 minutes.

In a bowl, mix the soy sauce, vinegar, sriracha, honey and sesame oil. Stir in the garlic and ginger.

Return the vegetables to the pan. Add the sauce and water. Simmer until slightly thickened, about 2 minutes. Sprinkle with the sesame seeds and scallions.

Serve over the rice.

Per Serving (excluding unknown items): 122 Calories; 5g Fat (32.2% calories from fat); 2g Protein; 20g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 306mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1 Fat; 1/2 Other Carbohydrates.