

Asian Chicken with Peanuts

Weekly Ad
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Servings: 4

Yield: 2 cups per serving

*2 tablespoons cornstarch
1 3/4 cups chicken broth
2 tablespoons soy sauce
1/2 teaspoon ground ginger
1/2 teaspoon sesame oil
(optional)
2 tablespoons vegetable oil
1 1/4 pounds boneless/
skinless chicken breast
halves, cut into strips
2 cups broccoli florets
2 small red bell peppers, cut
into 2-inch strips
2 cloves garlic, minced
1/2 cup dry roasted salted
peanuts
3 cups cooked white rice*

Stir the cornstarch, broth, soy sauce, ginger and sesame oil, if desired, in a medium bowl until the mixture is smooth.

Heat one tablespoon of vegetable oil in a twelve-inch skillet over medium-high heat. Add the chicken and stir-fry until well-browned, stirring often. Remove the chicken from the skillet.

Reduce the heat to medium. Heat the remaining vegetable oil in the skillet. Add the broccoli, peppers and garlic. Stir -fry until the vegetables are tender-crisp.

Stir the cornstarch mixture into the skillet. Cook and stir until the mixture boils and thickens. Return the chicken to the skillet. Stir in the peanuts and cook until the mixture is hot and bubbling.

Serve the chicken mixture with rice.

Per Serving (excluding unknown items): 307 Calories; 8g Fat (calories from fat); 8g Protein; Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 863mg Sodium Exchanges: 3 Grain(Starch); Lean Meat; 1 Vegetable; 1 1/2