

Chicken Ponzu over Rice with Carrots and Sugar Snap Peas

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CARROTS AND SUGAR SNAP PEAS

8 ounces fresh sugar snap peas

8 ounces fresh baby carrots

1 tablespoon garlic butter

1/2 teaspoon seasoned salt

CHICKEN PONZU

1/2 green bell pepper, cut into bite-size pieces

1 3/4 pounds boneless/ skinless chicken breasts, cut into bite-size pieces

1 tablespoon sesame oil

2 teaspoons roasted garlic

1/2 cup presliced green onions

8 ounces fresh presliced mushrooms

1/4 teaspoon salt

1/8 teaspoon pepper

4 ounces sliced water chestnuts, drained

1/3 cup ponzu sauce

2 tablespoons molasses

2 bags (10 ounce ea) frozen pre-cooked white rice with vegetables

Prepare the carrots and sugar snap peas: Snip the ends of the peas (if needed). Set aside.

Place the carrots in a microwave-safe bowl.

Cover. Microwave on HIGH for 5 minutes.

Stir in the peas, garlic butter and salt. Cover. Microwave on HIGH for 3 to 4 more minutes or until tender. Set aside.

Prepare the chicken: Preheat a large saute' pan on medium-high for 2 to 3 minutes. Place the oil in the pan. Add the garlic, green onions and mushrooms. Cover. Cook and stir for 3 to 4 minutes or until the mushrooms are browned.

Season the chicken with salt and pepper. Move the mushrooms to one side of the pan. Add the chicken, bell peppers and water chestnuts. Cook and stir for 4 minutes or until the chicken is browned.

Stir in the ponzu sauce and molasses. Cook for 3 to 4 minutes or until thoroughly heated.

Microwave the rice on HIGH for 3-1/2 to 4-1/2 minutes or until steaming.

Serve the chicken over the rice.

Per Serving (excluding unknown items): 334 Calories; 15g Fat (38.7% calories from fat); 2g Protein; 51g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1312mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 4 1/2 Vegetable; 2 1/2 Fat; 2 Other Carbohydrates.