

Sweet-Spicy Chicken and Vegetable Stir-Fry



Yield

Serves 4 (serving size: 1 cup)



Ann Taylor Pittman | RECIPE BY COOKING LIGHT September 2012

This colorful chicken and veggie stir-fry features a sweet-spicy sauce and a topping of dry-roasted peanuts, which add delicious crunch.

Ingredients

3 tablespoons dark brown sugar

1 1/2 tablespoons lower-sodium soy sauce

1 tablespoon fish sauce

1 tablespoon rice vinegar

1 tablespoon sambal oelek

1 teaspoon dark sesame oil

3/4 teaspoon cornstarch

2 tablespoons canola oil, divided

1 pound skinless, boneless chicken breast, cut into bite-sized pieces

8 ounces sugar snap peas

1 red bell pepper, sliced

1/2 medium red onion, cut into thin wedges

How to Make It

Step 1 Combine the first 7 ingredients, stirring well; set aside.

Step 2 Heat a large wok or large heavy skillet over high heat. Add 1 tablespoon canola oil to pan; swirl to coat. Add chicken; stir-fry 4 minutes or until browned and done. Remove chicken from wok. Add remaining 1 tablespoon canola oil to wok; swirl to coat. Add sugar snap peas, bell pepper, and red onion; stir-fry 3 minutes or until vegetables are crisp-tender. Stir in brown sugar mixture; cook 1 minute or until thickened. Stir in chicken; toss to coat. Sprinkle with green onions and peanuts.

Chef's Notes

MyRecipes is working with *Let's Move!*, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit www.choosemyplate.gov.

1/4 cup sliced green onions

1/4 cup unsalted dry-roasted peanuts

Nutritional Information

Calories 349, Fat 14.2g, Satfat 1.7g,
Monofat 7.5g, Polyfat 4.3g, Protein 31g,
Carbohydrate 24.6g, Fiber 3.5g,
Cholesterol 66mg, Iron 2mg, Sodium 576mg,
Calcium 69mg.