



Baked Asian Chicken Stir-Fry



1/2 of recipe (1 chicken breast with about 1 1/4 cup veggies): 268 calories, 7.5g total fat (1g sat. fat), 739mg sodium, 21g carbs, 3g fiber, 13.5g sugars, 28g protein

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Prep: 10 minutes **Cook:** 20 minutes



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Ingredients

Two 4-oz. raw boneless skinless chicken breast cutlets, pounded to an even thickness
1/8 tsp. each salt and black pepper
1/8 tsp. garlic powder
1 cup snap peas
1 cup sliced bell pepper
1/2 cup sliced onion
1/2 cup sliced carrots
2 tsp. sesame oil
1 tbsp. lite/reduced-sodium soy sauce
2 tbsp. sweet Asian chili sauce
1/4 tsp. crushed ginger

Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Season chicken with salt, black pepper, and garlic powder. Place on the baking sheet.

Place veggies in a large bowl. Drizzle with oil and 1/2 tbsp. soy sauce, and toss to coat.

Add veggies to the sheet, surrounding the chicken.

Bake for 10 minutes.

Flip chicken and veggies. Bake until chicken is cooked through and veggies have softened and lightly browned, about 10 more minutes.

Meanwhile, to make the sauce, place remaining 1/2 tbsp. soy sauce in a small bowl. Add chili sauce, ginger, and 1 tbsp. water. Mix well.

Serve veggies and chicken drizzled with sauce.

MAKES 2 SERVINGS

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