Chicken & Eggplant Teriyaki Stir-Fry

1/2 of recipe (about 1 1/3 cups): 297 calories, 4g total fat (1g sat. fat), 764mg sodium, 28.5g carbs, 5.5g fiber, 17.5g sugars, 34g protein

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Prep: 10 minutes **Cook:** 15 minutes

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Ingredients

3 tbsp. thick teriyaki marinade or sauce
2 tsp. sweet Asian chili sauce
2 cups (about 1 medium) chopped eggplant
1 cup chopped red bell pepper
1 cup chopped onion
1/2 tsp. garlic powder
1/2 tsp. onion powder
10 oz. raw boneless skinless chicken breast, cut into bite-sized pieces

Directions

To make the sauce, in a small bowl, thoroughly mix teriyaki sauce/marinade with chili sauce.

Bring a wok (or extra large skillet) sprayed with nonstick spray to medium-high heat. Cook and stir eggplant for 3 minutes.

Add pepper and onion to the skillet, and sprinkle with 1/4 tsp. garlic powder and 1/4 tsp. onion powder. Cook and stir until veggies have slightly softened and lightly browned, about 5 minutes.

Add chicken pieces, and sprinkle with remaining 1/4 tsp. garlic powder and remaining 1/4 tsp. onion powder. Cook and stir for about 5 minutes, until chicken is cooked through and veggies are soft.

Reduce heat to low. Add sauce, and stir to coat.

MAKES 2 SERVINGS

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