



Kung Pao Chicken



1/4 of recipe (about 1/4 cups): 237 calories, 5g total fat (1g sat. fat), 847mg sodium, 17.5g carbs, 3g fiber, 9.5g sugars, 30g protein

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



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Ingredients

1/4 cup reduced-sodium soy sauce
2 tbsp. seasoned rice vinegar
1 tbsp. cornstarch
1 tbsp. chili garlic sauce, or more to taste
1 lb. raw boneless skinless chicken breast, cut into bite-sized pieces
1/2 tsp. garlic powder
1/2 tsp. onion powder
2 cups chopped red and green bell peppers
2 cups quartered mushrooms
1 cup chopped onion
1/2 oz. (about 2 tbsp.) chopped peanuts

Directions

In a small bowl, combine soy sauce, vinegar, cornstarch, chili garlic sauce, and 2 tbsp. water. Stir until cornstarch dissolves.

Bring a wok (or extra-large skillet) sprayed with nonstick spray to medium-high heat. Add chicken, and season with garlic powder and onion powder. Add peppers, mushrooms, onion, and 2 tbsp. water. Cook and stir until chicken is cooked through and veggies have softened, 6–8 minutes.

Add peanuts and sauce mixture. Cook and stir until sauce has thickened, about 2 minutes.

MAKES 4 SERVINGS

HG FYI: Not all soy sauce is gluten free, so read labels carefully if that's a concern.

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