



Mike's Speedy Asian Chicken



1/4 of recipe (about 2/3 cup): 156 calories, 3g total fat (0.5g sat. fat), 534mg sodium, 2.5g carbs, <0.5g fiber, 0.5g sugars, 26.5g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

1 lb. raw boneless skinless chicken breast, cut into bite-sized pieces
3 tbsp. reduced-sodium soy sauce
1 tbsp. chopped garlic
1 tbsp. whole grain mustard
2 tbsp. chopped scallions, or more for topping
1 tsp. sesame seeds, or more for topping
Optional topping: sriracha hot chili sauce
Serving suggestions: riced cauliflower and/or brown rice, zucchini noodles and/or whole-grain pasta, mixed vegetables

Directions

Bring a large skillet (or wok) sprayed with nonstick spray to medium heat. Add chicken, soy sauce, garlic, and mustard.

Cook and stir until liquid has reduced and chicken is cooked through, about 5 minutes.

Remove skillet from heat. Add scallions and sesame seeds, and mix well.

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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