



## Peanut Chicken Stir-Fry



Entire recipe: 313 calories, 5g total fat (0.5g sat. fat), 672mg sodium, 25.5g carbs, 6g fiber, 13g sugars, 35.5g protein

[Click for WW Points® value\\*](#)

**Prep:** 5 minutes    **Cook:** 15 minutes



More: [Lunch & Dinner Recipes](#), [Recipes Developed for Our Partners](#), [Single Serving, 30 Minutes or Less](#), [Gluten-Free](#)

## Ingredients

### Sauce

2 tbsp. [PB2 Original Powdered Peanut Butter](#)  
1 tbsp. unsweetened plain almond milk  
1 1/2 tsp. reduced-sodium soy sauce  
1 1/2 tsp. seasoned rice vinegar  
1/8 tsp. garlic powder  
1/8 tsp. onion powder

### Stir-Fry

2 1/2 cups frozen Asian-style stir-fry vegetables  
4 oz. raw boneless skinless chicken breast, cut into bite-sized pieces  
1/8 tsp. garlic powder  
1/8 tsp. ground ginger  
1/8 tsp. onion powder

Optional toppings: scallions, chopped peanuts

## Directions

Place sauce ingredients in a small bowl. Mix thoroughly.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add frozen veggies. Cook and stir until thawed, 4-6 minutes.

Add chicken pieces and seasonings. Cook and stir until veggies are hot and chicken is fully cooked, 4-6 minutes.

Remove skillet from heat. Add sauce, and stir to coat

**MAKES 1 SERVING**

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

