



Spicy Thai-Style No-Cook Stir-Fry



1/4th of recipe (about 1 1/2 cups): 165 calories, 3g total fat (0.5g sat. fat), 440mg sodium, 14g carbs, 4g fiber, 7g sugars, 22g protein

Prep: 5 minutes

Chill: 15 minutes



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Ingredients

1/4 cup low-fat Thai peanut salad dressing or sauce (like Whole Foods 365 Everyday Value Organic Peanut Sauce)
2 tbsp. seasoned rice vinegar
1/2 tsp. red pepper flakes
One 12-oz. bag (about 4 cups) broccoli cole slaw
10 oz. cooked and chopped skinless lean chicken breast
2 cups sugar snap peas, halved
1/4 cup chopped cilantro

Directions

In a small bowl, combine salad dressing/sauce, rice vinegar, and red pepper flakes. Mix thoroughly and set aside.

In a large bowl, combine all remaining ingredients and mix well. Add dressing/sauce mixture and toss to coat. Cover and refrigerate until chilled, at least 15 minutes. If you just can't wait, go ahead and dig in!

MAKES 4 SERVINGS

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