

## Peanut Sauce Stir Fry w/ Chicken

Makes 3 Servings

1 boneless skinless chicken breast cut into 1" diameter pieces  
1 - 12oz. package frozen vegetables (stir fry mix)  
1/4 c water  
1 T minced garlic  
1 T minced ginger  
1 T honey  
1 1/2 T natural peanut butter  
1/2 T soy sauce  
black pepper to taste



Apply some non-stick cooking spray (such as Pam) to a non-stick pan and cook chicken pieces to an internal temperature of at least 165°F (chicken will be firm). Remove chicken from pan and set aside, add frozen vegetables, water, garlic, and ginger. Cover and cook at medium heat for 2 minutes. Add honey, peanut butter, soy sauce, black pepper, and cooked chicken and cook for an additional minute. Serve stir fry with 3/4 cup cooked brown rice.

Nutrition information per serving (includes 3/4 cup brown rice): 410 calories, 8g fat (1.5 g saturated fat), 30g protein, 280mg sodium, 5g dietary fiber.

