

Sesame Chicken with Peppers & Snow Peas

Ingredients

- 1 tablespoon sesame seeds
- nonstick cooking spray
- 1 pound boneless, skinless chicken breasts, cut into strips
- 2 cups snow peas, trimmed
- 1 medium red bell pepper, chopped
- 1 medium green bell pepper, chopped
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons water
- 1½ teaspoons packed brown sugar
- ¼ teaspoon ground ginger
- 2 green onions, sliced
- 2 cups cooked brown rice



Makes 4, 1 ¼ cup servings

Prep time: 10 minutes

Cook time: 20 minutes

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Preparation

Place sesame seeds in a large nonstick skillet; cook for 2 minutes over medium-high heat until lightly browned. Remove from skillet and set aside.

Spray same skillet with nonstick cooking spray. Add chicken; cook and stir for about 10 minutes or until chicken is fully cooked. Add snow peas and bell peppers; stir fry for 3 to 4 minutes more until vegetables are crisp-tender. In a small bowl, combine soy sauce, water, brown sugar, and ginger; add to skillet. Cook for 5 minutes over medium-high heat. Sprinkle with sesame seeds and green onions. Serve 3/4 cup of chicken mixture over 1/2 cup of brown rice.

Nutrition information per serving

Calories 293, Carbohydrate 28 g,

Dietary Fiber 5 g, Protein 30 g, Total Fat 6 g, Saturated Fat 1 g,

Trans Fat 0 g, Cholesterol 68 mg, Sodium 470 mg

Recipe: Everyday Healthy Meals