

Chicken in Peanut Sauce over Brown Rice

12 ounces boneless, skinless chicken breasts cut into 1-inch cubes
2 cups instant brown rice, cooked
¼ cup natural peanut butter
1 Tablespoon light soy sauce
2 teaspoons sugar
½ tsp sesame oil
3 teaspoons peanut oil
1 tsp ground ginger
¼ cup hot water
1 cup chopped broccoli
1 cup sliced red pepper
1 cup sliced mushrooms
½ cup sliced onion

Combine peanut butter, soy sauce, sugar, sesame oil and 1 teaspoon peanut oil and ginger in food processor. Puree until smooth gradually adding water for smoothness. Add to chicken and marinate for 10 minutes.

Heat remaining peanut oil in medium nonstick fry pan over medium heat. Add broccoli, pepper, mushrooms and onion. Sauté for 3-5 minutes until tender but crisp. Remove from pan and set aside. Meanwhile, prepare brown rice according to package. Add chicken to same fry pan vegetables were cooked and cook until done, about 6-8 minutes. When cooked through add vegetables. Serve over brown rice.

Serves 4. One serving=1 cup chicken mixture and ½ cup brown rice.

Calories 430 Fat 13g Carbohydrate 44g Dietary Fiber 4g Protein 29g Sodium 280mg