

Healthy Kung Pao Chicken

Prep Time: 10 Min Cook Time: 15 Min Total Time: 25 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 1 cup

Amount Per Serving

Calories 303 Calories from Fat 95

% Daily Value*

Total Fat 11g 16%

Saturated Fat 1g 6%

Monounsaturated Fat 0g 0%

Polyunsaturated Fat 0g 0%

Cholesterol 74mg 24%

Sodium 431mg 19%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 8%

Sugars 8g

Protein 36g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

- 1.33 lbs boneless skinless chicken breast, chopped
- 4 tsp sesame oil, divided
- 2 garlic cloves, minced
- 1 tsp ginger, minced
- 2 celery ribs, chopped
- 1 red pepper, chopped
- 2 tbsp low sodium soy sauce (or coconut aminos)
- 1.5 tbsp sriracha (adjust to taste)
- 1 tbsp honey (adjust to taste)
- 1/2 tsp pepper
- 1/4 cup peanuts, chopped (use cashews for Paleo)
- 2 green onions, chopped

Directions

- 1 Add half of the sesame oil to the pan. Add the chicken, garlic, and ginger. Cook for 5-7 minutes until just cooked through. Remove and set aside.
- 2 Add the remaining sesame oil to the pan. Add the celery and red pepper. Cook for 5-7 minutes until tender crisp.
- 3 Meanwhile stir together the soy sauce, Sriracha, honey, and pepper.
- 4 Add the chicken back to the pan and add the stir fry sauce and peanuts. Cook for 1-2 minutes so the sauce thickens. Remove from heat and let rest for 2-3 minutes so sauce can further thicken. Top with green onions.

Notes

