

Ingredients

- 1 cup long-grain white rice
- 1 Tbsp. cornstarch or arrowroot
- 1/4 cup sugar
- 1/4 cup soy sauce
- 1/4 cup white vinegar
- 1 Tbsp. canola oil
- 1 lb. boneless, skinless chicken breast, cut into 1-inch pieces
- 2 bell peppers, seeded and diced
- 1/2 lb. green beans, trimmed and halved
- 5 scallions, thinly sliced
- 2 inch piece of fresh ginger, grated
- 3 garlic cloves, minced
- sesame seeds or chopped peanuts, for topping (optional)

Directions

1. Cook rice according to package instructions.
2. Whisk together cornstarch, sugar, soy sauce and vinegar. Set aside.
3. In a large skillet or wok, heat oil over high heat.
4. Add chicken and cook until lightly browned, about 2-3 minutes.
5. Add in bell peppers and green beans and cook until vegetables begin to soften, about 5 minutes.
6. Add in scallions, ginger and garlic and cook, stirring frequently, until chicken is cooked and vegetables are tender.
7. Add in soy sauce mixture to the skillet and cook, stirring constantly for about 3 minutes, until sauce thickens. Remove from heat.
8. Serve over rice and top with peanuts or sesame seeds.

Source: [Everyday Food](#) Jan/Feb 2011

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