Garlic Chicken with Peanuts



Servings: 6 Smart points: 9 (with ¾ cup cooked rice)

Ingredients

- 3 tbsp canola oil
- 1 lb boneless breasts, cut into ½" pieces
- 4 cloves garlic, minced
- 1 red bell pepper, cut into ½" pieces
- 4 oz snow peas cut into ½" pieces
- ¼ cup roasted peanuts
- ¼ cup scallions, sliced
- ½ cup chicken broth
- 2 tsp soy sauce
- 1 tbsp corn starch
- ½ tsp fresh ground ginger
- 1 ½ cups uncooked white rice, cooked

Directions

1. In a large skillet or wok, heat 2 tablespoons of the canola oil over medium high heat. Add chicken and garlic. Stir fry about 3 minutes or until chicken is just about cooked.

2. Add remaining oil. Add red peppers, snow peas, peanuts and scallions. Stir fry for 1 minute.

3. In a small bowl, combine broth, soy sauce, corn starch and ginger until smooth. Pour into the chicken mixture, stirring constantly. Bring to a boil over medium heat and boil 1 minute.

4. Serve over rice.