

Chicken Kung Pao

Ingredients

- 1-1/2 tsp garlic
- 1-1/2 tsp ginger
- 1/4 cup onion
- 1-1/2 cups red bell pepper
- 1-1/2 tsp sesame oil
- 4 tsp hoisin sauce
- 2-3/4 tsp teriyaki sauce, low sodium
- 1 tsp light brown sugar, packed
- 1-1/2 tsp rice wine vinegar
- 1 tsp cornstarch
- 2 tsp water
- 13-1/3 oz shredded chicken

Notes

Number of Portions: 4

Serving Size: 3/4 cup

Nutrition Facts: 206 calories, 8.18 g fat, 1.83 g saturated fat, 286 mg sodium, 9.91 g carbohydrate, 1.43 g fiber, 4.3 g sugar, 22.3 g protein

Directions

1. Mince garlic and ginger, dice green onions, and julienne red peppers.
2. In a sauce pot, combine sesame oil, hoisin, teriyaki, brown sugar, vinegar, garlic, and ginger. Mix together and bring to a boil.
3. Mix together corn starch and water into a slurry. Pour into sauce mixture stirring constantly.
4. Divide chicken, onions, and peppers into 12 x 20 inch pan. Heat in a 350° F oven until internal temperature reaches 165° F.
5. Remove from oven and pour sauce over chicken.