

Mongolian Chicken

Ingredients

- 1 tbsp hoisin sauce
- 1/4 tsp sambal oelek chili sauce
- 2-1/2 tbsp ketchup, low sodium
- 1 tbsp rice wine vinegar
- 1/8 tsp sesame oil
- 1/4 cup onions, chopped
- 3/4 tsp garlic, minced
- 3/4 tsp ginger root, minced
- 8 oz frozen cooked diced chicken
- 2/3 cup green bell peppers, chopped
- 1/4 cup cabbage, shredded

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 106 calories, 2.44 g fat, 0.08 g saturated fat, 137 mg sodium, 7.35 g carbohydrate, 0.82 g fiber, 4.6 g sugar, 12.65 g protein

Directions

1. In a large bowl, mix together hoisin sauce, chili sauce, ketchup, vinegar, and oil. Set aside for later.
2. In a large braising pan on medium heat, sauté onions, garlic, and ginger for 45 seconds or until slightly brown.
3. Add chicken and continue to cook for 5 minutes.
4. Add peppers and cabbage and continue to cook for 3 minutes.
5. Add sauce and heat until internal temperature reaches 165° F.

