

This recipe is adapted from *Cooking Light Magazine*, December 2010.



Kung Pao Chicken

- 2 T of sesame oil
- 1 c chopped onion
- 2 garlic cloves crushed
- 1 lb. skinless, boneless chicken thighs cut into 1" pieces
- 3/4 cup of water
- 3 T of low sodium soy sauce
- 1 T of corn starch
- 1 t of brown sugar
- 1/2 t of minced ginger
- 1 c thinly sliced red bell pepper
- 1 c snow peas, trimmed
- 2 T of dry roasted peanuts

Heat the sesame oil over medium-high heat. Add onion and sauté for 3 minutes. Add garlic and stir constantly for 30 seconds. Add chicken and sauté until chicken browns. Next combine 3/4 cup of water, soy sauce, corn starch, brown sugar and ginger and mix until sugar dissolves. Add to the chicken and bring to a boil. Once boiling, add the snow peas and red pepper. Cook for 2-5 minutes (until vegetables are crisp and sauce thickens). Serve over rice with peanuts and red pepper flakes.