



Peanut Chicken Stir-Fry



Entire recipe: 313 calories, 5g total fat (0.5g sat. fat), 672mg sodium, 25.5g carbs, 6g fiber, 13g sugars, 35.5g protein

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Prep: 5 minutes **Cook:** 15 minutes



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Ingredients

Sauce

2 tbsp. [PB2 Original Powdered Peanut Butter](#)
1 tbsp. unsweetened plain almond milk
1 1/2 tsp. reduced-sodium soy sauce
1 1/2 tsp. seasoned rice vinegar
1/8 tsp. garlic powder
1/8 tsp. onion powder

Stir-Fry

2 1/2 cups frozen Asian-style stir-fry vegetables
4 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
1/8 tsp. garlic powder
1/8 tsp. ground ginger
1/8 tsp. onion powder

Optional toppings: scallions, chopped peanuts

Directions

Place sauce ingredients in a small bowl. Mix thoroughly.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add frozen veggies. Cook and stir until thawed, 4-6 minutes.

Add chicken pieces and seasonings. Cook and stir until veggies are hot and chicken is fully cooked, 4-6 minutes.

Remove skillet from heat. Add sauce, and stir to coat

MAKES 1 SERVING

HG FYI: Not all soy sauce is gluten free, so read labels carefully if that's a concern.

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