Chicken with Peanut Sauce

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6 servings

Ingredients:
1 teaspoon  Vegetable oil
2 bunches  Green onions, cut into 1/2 inch pieces
1 pound  Ground or sliced chicken or turkey
2 teaspoon  Grated peeled fresh ginger
1 teaspoon  Minced garlic
1 bag (12-16 oz.) shredded broccoli, cauliflower, carrot, cabbage blend
1 can (14 oz.) chicken broth
(1 3/4 cup) Stir-fry sauce – recipe below
1/4 cup Natural peanut butter
Hot pepper sauce (optional)

Directions:
1. In 12 inch skillet, heat oil over high heat. Add green onions and cook 1 minute.
2. Reduce heat to medium, add chicken; cook till no longer pink – about 3-4 minutes. 3. Add ginger & garlic; cook 1 minute.
4. Stir in vegetable blend, chicken broth, stir-fry sauce, & peanut butter.
5. Increase heat to “high” and bring to a boil.
6. Reduce heat to medium and cook 5 minutes or until vegetables are tender crisp and sauce thickens slightly, stirring.
Serve over rice. Serve with hot pepper sauce if you like.

Stir Fry Sauce:
6 Tablespoons soy sauce
2 Tablespoon rice vinegar or cider vinegar
4 teaspoons sesame oil
4 teaspoons corn starch

In a small bowl or 1 cup liquid measuring cup, mix all ingredients together. Add to hot vegetables in skillet or wok and cook ‘till sauce thickens.