

Peanut Sesame Ginger Chicken

Ingredients:

4 each	Garlic cloves, minced
2 Tablespoons	Ginger, fresh, minced
¼ teaspoons	Crushed red pepper flakes
1 Tablespoon	Sesame oil
4 teaspoons	Olive oil
2½ Tablespoons	Brown sugar
3 Tablespoons	Tamari
1 Tablespoon	Peanut Butter
½ cup	Water
32 ounces	Chicken breast



Method:

- Heat sauté pan to medium heat.
- Add sesame oil.
- Sauté garlic and ginger. Cook until softened. (2-3 minutes)
- Add brown sugar, tamari, peanut butter, water and red pepper flakes – stir frequently.
- Cook for 5-7 minutes on low heat until sauce has reduced.
- While the sauce is cooking, preheat sauté pan. Add olive oil.
- Place pounded chicken breast in hot oil. Sear on both sides. (About 4 minutes each)
- Add one ounce of sauce to pan. Allow sauce to reduce and chicken to cook through, about 6-8 minutes. Or until the internal temperature reaches 165 degrees.

Nutritional Information:

Servings: 8 | Calories: 200 | Fat: 8 grams | Sodium: 400 milligrams
Carbohydrates: 5 grams | Protein: 25 gram | Fiber: 0 grams