

Kung Pao Chicken



Homemade Chinese food is a tasty and delicious way to save money in your food budget. This classic kung pao chicken is ready in just 30 minutes.

Prep: 9 mins

Cook: 10 mins

Total: 19 mins

Yield: 4 servings (serving size: about 1 cup chicken mixture and 1 1/2 teaspoons peanuts)



Randy Mayor

Ingredients

1 tablespoon canola oil, divided
4 cups broccoli florets
1 tablespoon ground fresh ginger (such as Spice World), divided
2 tablespoons water
½ teaspoon crushed red pepper
1 pound skinless, boneless chicken breasts, cut into 1/4-inch strips
½ cup fat-free, less-sodium chicken broth
2 tablespoons hoisin sauce
2 tablespoons rice wine vinegar
2 tablespoons low-sodium soy sauce
1 teaspoon cornstarch
4 garlic cloves, minced
2 tablespoons coarsely chopped salted peanuts

Directions

Step 1

Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add broccoli and 2 teaspoons ginger to pan; sauté 1 minute. Add water. Cover; cook 2 minutes or until broccoli is crisp-tender. Remove broccoli from pan; keep warm.

Step 2

Heat remaining 2 teaspoons oil in pan; add remaining 1 teaspoon ginger, crushed red pepper, and chicken. Cook 4 minutes or until chicken is lightly browned, stirring frequently.

Step 3

Combine broth and next 5 ingredients (through garlic) in a small bowl, and stir with a whisk. Add broth mixture to pan; cook 1 minute or until mixture thickens, stirring constantly. Return broccoli mixture to pan; toss to coat. Sprinkle with peanuts.

Nutrition Facts

Per Serving: 239 calories; calories from fat 30%; fat 7.9g; saturated fat 1.1g; mono fat 3.7g; poly fat 2.3g; protein 30.9g; carbohydrates 11.4g; fiber 3g; cholesterol 66mg; iron 1.8mg; sodium 589mg; calcium 60mg.