



Photo by: Photo: Johnny  
Autry; Styling: Mary Clayton  
Carl

## Szechuan Chicken Stir-Fry

Chile paste and fresh ginger add just the right amount of heat to Szechuan Chicken Stir-Fry. Add a little zip to your weeknight dinners with this flavorful stir-fry.

Cooking Light JANUARY 2012

Yield: Serves 4

Hands-on: 25 Minutes

Total: 25 Minutes

### Ingredients

- |  |   |
|--|---|
| 1 tablespoon dark sesame oil, divided  | 1 yellow bell pepper, cut into strips                           |
| 1/2 cup fat-free, lower-sodium chicken broth                                 | 1 red bell pepper, cut into strips                              |
| 2 tablespoons lower-sodium soy sauce   | 1 cup diagonally cut snow peas                                  |
| 1 tablespoon rice vinegar  | 1/2 cup vertically sliced onion                                 |
| 2 teaspoons chile paste (such as sambal oelek)                               | 1 tablespoon grated peeled fresh ginger or <i>powder ginger</i> |
| 2 teaspoons cornstarch   | 1 tablespoon minced fresh garlic                                |
| 1/4 teaspoon salt  | 2 cups hot cooked long-grain white rice                         |
| 2 tablespoons canola oil, divided  | 1/4 cup (1-inch) slices green onions                            |
| 1 pound skinless, boneless chicken breast halves, cut into bite-sized pieces | 1/4 cup chopped unsalted roasted peanuts                        |

### Preparation

1. Combine 2 teaspoons sesame oil and next 6 ingredients (through salt) in a small bowl. Heat a wok or large skillet over medium-high heat. Add remaining 1 teaspoon sesame oil and 1 tablespoon canola oil; swirl. Add chicken; stir-fry 2 minutes. Remove chicken from pan.

2. Add remaining 1 tablespoon canola oil; swirl. Add bell peppers and next 4 ingredients (through garlic); stir-fry 1 minute. Add broth mixture; cook 30 seconds or until thick. Return chicken to pan; cook 4 minutes or until chicken is done. Spoon 1/2 cup rice onto each of 4 plates; top each with 1 cup chicken mixture, green onions, and peanuts.

**Note:** MyRecipes is working with *Let's Move!*, the Partnership for a Healthier America, and USDA's MyPlate to give anyone looking for healthier options access to a trove of recipes that will help them create healthy, tasty plates. For more information about creating a healthy plate, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).