

## Kung Pao Chicken with Broccoli

Serves 4

approx. 41 grams of protein per serving

*When I was pregnant with twins, I couldn't get enough of this simple-to-prepare but spicy stir-fry dish. Thinly sliced beef or fresh shrimp works just as well with it, too. And if you're not a fan of broccoli, use green beans or asparagus.*

1/4 cup chicken broth  
2 tbsp. soy sauce  
1 tsp. cooking wine  
1 tsp. rice vinegar  
1 tsp. sugar  
2 tps. cornstarch  
3 tbsps. peanut or canola oil  
2 skinless, boneless chicken breast (about 1 lb. total),  
cut into 1-inch pieces  
2 cups broccoli, flowers and tender stalks, cut up  
3 cloves of garlic, finely chopped  
1 tbsp. chili pepper flakes  
5 - 7 green onions, white and most of green stem, chopped  
1 cup dry-roasted peanuts, chopped  
Fresh cilantro, chopped, for garnish

1. Prepare stir-fry sauce by combining chicken broth, soy sauce, cooking wine, rice vinegar, sugar, and cornstarch in small bowl. Mix well and set aside.
2. Steam broccoli in covered bowl in microwave for 2 - 3 minutes.
3. Heat 2 tbsp. of peanut oil on high heat in wok or large, heavy fry pan. When oil begins to smoke, add chicken and saute until thoroughly cooked, about 3 to 4 minutes. Remove from pan and set aside.
4. Heat remaining 1 tbsp. of peanut oil in same wok or pan and saute chili pepper and garlic for 30 seconds or until fragrant. Add chopped green onions, saute quickly for ten seconds, then add chopped peanuts. Mix until flavors are well blended, about 30 seconds more.
5. Add chicken and broccoli to the chili pepper mixture, then add stir-fry sauce. Quickly toss until sauce thickens and meat and vegetables are well coated. Remove from heat.
6. Serve over steamed rice and garnish with fresh chopped cilantro.