

Cilantro Chicken with Peanuts

START TO FINISH 25 minutes

- 2 tsp. peanut oil
- 1 lb. skinless, boneless chicken breast halves, cut into 1-inch pieces
- ¼ cup honey-roasted peanuts
- 4 cloves garlic, minced
- 2 tsp. minced fresh ginger
- ¼ cup sliced green onions (2)
- 1 Tbsp. soy sauce
- 2 tsp. rice vinegar
- 1 tsp. toasted sesame oil
- 1 cup fresh cilantro leaves
- 4 cups finely shredded napa cabbage
- Lime wedges (optional)

1. In a large heavy skillet heat peanut oil over medium-high heat. Add chicken; cook and stir for 2 minutes. Add peanuts, garlic, and ginger; cook and stir about 3 minutes or until chicken is no longer pink.

2. Add green onions, soy sauce, rice vinegar, and sesame oil to skillet. Cook and stir for 2 minutes more. Remove from heat. Stir in cilantro.

3. Serve chicken mixture over cabbage. If desired, serve with lime wedges. **Makes 4 servings.**

PER SERVING 222 cal., 9 g fat (2 g sat. fat), 66 mg chol., 362 mg sodium, 7 g carb., 2 g fiber, 30 g pro.

