

Szechuan Chicken

Provided by Pat Boyle



Ingredient:

1 lbs. skinless, boneless chicken breasts,
cut into bite-size pieces
¼ cup teriyaki sauce
2 tsp. chopped garlic
1 cup sliced red bell pepper
1 cup sliced green bell pepper
16 green onions, cut in 1 inch pieces
2-4 Tbsp. Szechuan sauce
½ cup dry roasted peanuts, unsalted

Directions:

1. Combine chicken with teriyaki sauce and marinate at least 1 hour in the refrigerator.
2. Drain and discard marinade.
3. Spray a large skillet with non-stick cooking spray and stir fry chicken with garlic until no longer pink
4. Add remaining ingredients except peanuts, and stir fry for 1-2 minutes or until vegetables are tender.
5. Add peanuts.