



Ingredients

Yields: 4-6 servings

- 1 pound boneless, skinless chicken breasts cut into thin strips
- ½ c lite Asian sesame dressing, divided
- 1 tsp hot pepper sauce
- 1 pkg (16 oz) frozen stir-fry vegetables, thawed, drained
- 1 can (8 oz) pineapple chunks in juice, drained
- ¼ c peanuts
- 2 cups hot, cooked brown rice

Directions

1. Toss chicken with ¼ c dressing and hot sauce and set aside.
2. Heat remaining dressing in large nonstick skillet on medium-high heat. Add vegetables; stir mixture for 1 minute.
3. Add chicken mixture and stir-fry 4-5 minutes or until chicken is done.
4. Stir in pineapple and peanuts; cook 5 minutes or until heated through, stirring occasionally. Serve over rice.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/6 th	296	9 g	21 g	36 g	557 mg

Carbohydrate Exchanges: 2