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DIET CENTER

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KUNG PAO-WER

Stabilization (Week 3) & Maintenance

Ingredients

8 oz. raw boneless, skinless lean chicken breast, cubed
3/4 cup mushroom chunks
3/4 cup bell pepper chunks (red and/or green)
1/2 cup chopped celery
1/2 cup chopped onion
1/4 cup sliced and halved canned water chestnuts
2 TBS reduced-sodium soy sauce*
1-1/2 TBS rice vinegar
2 TSP Splenda
1/2 TBS cornstarch
1 TBS chopped dry roasted unsalted peanuts
1 TSP minced garlic
1 TSP red chili sauce (you can add more for extra spice)
Morton's Lite salt, and red pepper flakes, to taste

Instructions

1. Begin by combining 2 TBS of cold water with soy sauce, vinegar, Splenda, cornstarch and chili sauce. Stir well until all ingredients have dissolved. Set aside.
2. Spray a large pan or wok with nonstick spray, and bring to medium-high heat. Add chicken, mushrooms, bell peppers, celery, onion, garlic and 2 TBS of water. Stirring occasionally, cook for about 5 minutes.
3. Once chicken is almost fully cooked but still tender, add peanuts and water chestnuts to the pan or wok. Raise heat to high, give sauce a stir, and add it to the pan/wok as well. Mix entire dish until all ingredients are coated in sauce, and the sauce is hot and thick. Season to taste with salt, pepper and red pepper flakes.

Portion-Per-Serving Information: (Yields 2 servings): Serving = 1 heaping portion (1/2 the recipe) = 1 P, 2 V

*Note: You can also use Bragg's Liquid Amino instead, tastes like soy sauce, much less salt.