



Sesame & Ginger Chicken

Ingredients:

- 1 lb. skinless, boneless chicken breast, cut into bite-size strips
- 1/4 cup bottled light Asian-style dressing with sesame and ginger
- 2 cups packaged julienned carrots
- 1/8 tsp. crushed red pepper
- 1 head butterhead lettuce, leaves separated
- 1/4 cup honey-roasted peanuts, chopped
- Lime wedges

Directions:

- Sprinkle chicken lightly with salt and pepper. Lightly coat a large skillet with cooking spray; heat over medium-high heat. Add chicken; cook and stir for 3 minutes or until browned. Add 1 tablespoon of the dressing and the carrots to skillet; cook and stir for 2 to 3 minutes more or until carrots are crisp-tender and chicken is no longer pink. Stir in red pepper. On a large platter arrange 4 stacks of lettuce leaves. Serve by filling leaves with chicken mixture. Sprinkle with nuts. Serve with remaining dressing and lime wedges.
- Stack lettuce on plates. Top with chicken-carrot mixture. Sprinkle with chopped nuts. Serve with remaining dressing and lime wedges. Serves 4.

Yield: 4 servings

Nutritional Information: Calories 231, Total Fat 7g, Saturated Fat 1g, Monounsaturated Fat 0g, Polyunsaturated Fat 0g, Cholesterol 66mg, Sodium 436mg, Carbohydrate 12g, Total Sugar 7g, Fiber 3g, Protein 29g,

Recipe Source: www.bhg.com

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.