



ASIAN CHICKEN WITH GREEN BEANS

Makes 6 servings | Serving size: 1 ½ cups

PREP TIME
10 min

COOK TIME
15 min

TOTAL TIME
25 min

I love using green beans and peppers in Asian dishes, because they taste so good with bold sauces. Be sure not to overcook them, so they'll add that divine crunch.

Ingredients

- 2 teaspoons sesame oil
- 2 pounds chicken, cut into bite-sized pieces
- 1 red pepper
- ½ pound green beans

Sauce:

- 4 cloves garlic, minced
- Zest of two lemons (4 T)
- ½ cup lemon juice
- ½ cup honey
- ½ cup low-sodium soy sauce (gluten-free, if needed)
- ¼ cup rice vinegar
- 1 tablespoon sesame oil
- 3 tablespoons cornstarch (gluten-free, if needed)
- 2 teaspoons ground ginger
- ⅛ teaspoon red pepper flakes

Directions

1. Whisk together all ingredients for the sauce until smooth.
2. In a wok or large skillet, heat two teaspoons sesame oil over medium heat. Add the chicken and cook thoroughly.
3. Add the red pepper and the green beans to the chicken. Stir for 2 minutes, allowing the vegetables to soften.
4. Add the sauce and continue to cook for 3-5 minutes. The sauce will begin to thicken when it's ready to serve.

