Spicy Kung Pao Chicken

INGREDIENTS:

2lb chicken breast, chopped

2 cups garlic, chopped

2 cups snow peas

2 ½ cups bell peppers, chopped

1 cup raw cashews

1 spray extra-virgin olive oil

4tbsp Bragg Liquid Aminos (optional)

4tbsp water

2tbsp tomato sauce

1tbsp rice vinegar

2tbsp coconut sugar

1tbsp minced ginger

1tbsp red chili pepper sauce

1tbsp arrowroot starch

DIRECTIONS:

In a bowl, add ingredients for the sauce and whisk together

Spray skillet with extra-virgin olive oil and set on medium-high heat

Once skillet is hot, toss garlic and sear for 2 minute

Add chopped chicken breast

Cook chicken for about 6-8 minutes

Toss in chopped bell peppers and sear for about 3 minutes

Slowly pour in tomato sauce, stir as needed

Toss in raw cashews

Recipe yields 6 servings!

Calories: 344

Fat 13g

Carbs 17g

Protein 38g