

Chicken Pistachio Stir Fry

Ingredients:

- 1¼ lbs thin sliced chicken breasts (about 4 breasts)
- ¼ cup chopped pistachios
- ¼ cup honey
- 2 tbsp lemon juice
- ¼ tsp red pepper flakes or more to taste
- ½ tbsp each sesame oil and vegetable oil



Making it:

1. Wok or large skillet: Heat both oils over medium-high heat.
2. When oil is very hot, add chicken and stir-fry for about 6 minutes or until almost done.
3. Remove from skillet and set aside.
4. Add remaining ingredients; cook until sauce is slightly thickened.
5. Add chicken and continue to stir-fry until sauce is thick and syrupy and chicken is cooked through.

Tips and Hints:

- You can easily add broccoli, asparagus, snap peas or red peppers to this recipe. Add veggies in step 5.
- Serve over rice, quinoa or rice noodles.
- Try stuffing leftovers into a pita and there's lunch!

NUTRITION FACTS

Servings: 4
Serving Size: 1 breast

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| Total Calories | 300 |
| Carbohydrate | 18.5 g |
| Total Fat | 8.5g |
| Protein | 25 g |
| Fiber | 1s g |

Prep Time: 15
Cook Time: 10-12