

Chicken Stir Fry

Ingredients

1/2 lb angel hair pasta
4 c small broccoli florets
3 boneless skinless chicken breast, cut in bite-size pieces
1/2 c Asian toasted sesame dressing
2 T soy sauce
1/4 t each: ground ginger, garlic powder, crushed red pepper
1/3 c dry roasted peanuts, chopped

Instructions

Cook pasta according to package directions, adding broccoli to the boiling water for the last 3 minutes. Spray a large nonstick skillet with cooking spray and heat on medium-high heat. Add chicken and cook 6 to 8 minutes or until done, stirring occasionally. Stir in dressing, soy sauce, spices and cook for 1 minute, stirring occasionally. Drain pasta and broccoli and toss with chicken. Sprinkle each serving with chopped peanuts.