



**RELAX! ... IT'S JUST DINNER.**



## **Sesame Asian Chicken**

**Serves:** 4

**Cook Time:** 20 minutes

### ***Shopping list:***

- 1 lb. Boneless, skinless Chicken Breasts, cut into strips
- 1/4 Cup Asian Toasted Sesame Salad Dressing (or sesame oil, OJ and garlic)
- 1/4 Cup Orange Juice
- 3 Cups Stir-fry Vegetables Frozen Or fresh
- 3 Cups Cooked Brown Rice
- 1/4 Cup Chopped Peanuts or Cashews

***Recipe:***

1. Cook Chicken in large nonstick skillet on medium-high heat for 5 - 7 min, or until cooked through. (I often add some Chicken Broth to make the chicken moister).
2. Stir in dressing and juice.
3. Bring to a boil.
4. Add vegetables.
5. Cook 5 - 7 min., or until heated through, stirring occasionally.
6. Serve over rice.
7. Sprinkle with nuts. As garnish.(optional)