

Sichuan-Style Stir-Fried Chicken with Peanuts

Also known as kung pao chicken, this Sichuan classic, with its multidimensional hot-sweet and salty-sour flavors, reflects the regional style. Serve with rice and a steamed vegetable.

MARINADE:

- 2 tablespoons low-sodium soy sauce
- 2 tablespoons rice wine or sake
- 1 teaspoon cornstarch
- 1 teaspoon dark sesame oil
- 1 1/2 pounds skinless, boneless chicken breasts, cut into bite-size pieces

STIR-FRYING OIL:

- 2 tablespoons vegetable oil, divided

SAUCE:

- 1/2 cup fat-free, less-sodium chicken broth
- 2 tablespoons sugar
- 2 1/2 tablespoons low-sodium soy sauce
- 2 tablespoons rice wine or sake
- 1 tablespoon Chinese black vinegar or Worcestershire sauce
- 1 1/4 teaspoons cornstarch
- 1 teaspoon dark sesame oil
- 2 tablespoons minced green onions
- 1 1/2 tablespoons minced peeled fresh ginger
- 1 1/2 tablespoons minced garlic (about 7 cloves)
- 1 teaspoon chile paste with garlic

REMAINING INGREDIENTS:

- 1 1/2 cups drained, sliced water chestnuts
- 1 cup (1/2-inch) sliced green onion tops
- 3/4 cup unsalted, dry-roasted peanuts
- 6 cups hot cooked long-grain rice

To prepare marinade, combine first 5 ingredients in a medium bowl; cover and chill 20 minutes.

Heat 1 tablespoon of the vegetable oil in a wok or large nonstick skillet over medium-high heat. Add the chicken mixture; stir-fry 4 minutes or until chicken is done. Remove from pan; set aside.

To prepare sauce, combine broth and next 6 ingredients (broth through 1 teaspoon sesame oil); stir well with a whisk. Heat 1 tablespoon vegetable oil in pan. Add 2 tablespoons green onions, ginger, garlic, and chile paste, and stir-fry for 15 seconds. Add broth mixture, and cook 1 minute or until thick, stirring constantly.

Stir in cooked chicken, water chestnuts, sliced onion tops, and peanuts; cook for 1 minute or until thoroughly heated. Serve over rice.

Yield: 6 servings (serving size: 3/4 cup stir-fry and 1 cup rice)

CALORIES 590 (25% from fat); FAT 16.7g (satfat 2.7g, monofat 6.8g, polyfat 6g); PROTEIN

