Chicken Strips

★★★★½

6 Servings

Layered with creamy peanut sauce & veggies

INGREDIENTS

3 chicken breasts, sliced thin
3 Tbs. toasted sesame oil, *divided*
2 Tbs. olive oil, *divided*
½ c. legal peanut butter
¼ c. honey
1 tsp. vinegar
¾ tsp. ground ginger
2 tsp. minced garlic
juice of 2 limes
salt to taste

2 heads broccoli, sliced
1 c. carrot chips, chopped
1 onion, chopped

DIRECTIONS

1. Make sauce by combining peanut butter, honey, vinegar, ginger, garlic, 1 Tbs. toasted sesame oil, and juice of 2 limes. Stir to combine. Set aside.
2. Heat 1 Tbs. *each* of sesame oil and olive oil in a large skillet. Cook chicken pieces until done and slightly browned, adding a few Tbs. of the peanut sauce as they cook. Salt to taste and remove to a plate.
3. Heat 1 Tbs. *each* of both oils and cook veggies, adding some peanut sauce.
4. If desired, heat a bag of frozen **Cauliflower Rice** and a package of **Pre-cooked Rice** for non-SCDers. Layer rice, veggies, chicken, and serve, topped with remaining sauce.