

Kung Pao Chicken

Ingredients:

3 tablespoons hoisin sauce

3 tablespoons dry sherry or low-sodium chicken broth

3 tablespoons ketchup

2 tablespoons low-sodium soy sauce

2 tablespoons thin strips peeled ginger

1 teaspoon red pepper flakes

1 pound skinless, boneless chicken breasts, cut into 3/4-inch cubes

1 (8-ounce) can sliced water chestnuts, drained

2 tablespoons water

1 tablespoon cornstarch

3 cups frozen sliced peppers and onions, thawed

Directions: Combine hoisin sauce, sherry, ketchup, soy sauce, ginger, and red pepper flakes in 5- or 6-quart slow cooker. Stir in chicken and water chestnuts. Cover and cook until chicken is fork tender, 3-4 hours on high or 6-8 hours on low. About 20 minutes before cooking time is up, mix water and cornstarch in small bowl until smooth. Stir cornstarch mixture and bell peppers and onions into slow cooker. Cover and cook on high until mixture simmers and thickens and bell peppers and onions are crisp-tender, about 15 minutes. Chinese food extra-spicy? Increase the red pepper flakes to 1/2 teaspoon.

6 Servings (1-1/4 cups): 249 Cal, 4 g Fat, 1 g Sat Fat, 0 g Trans Fat, 71 mg Cholesterol; 660-mg Sodium, 24 g Carb, 3 g Fib. 28 g Prot, 39 mg Calc

5 points, 6 points plus (rice not included)

