



Almond Chicken Stir Fry

- 1 tablespoon vegetable oil
- 1 pound chicken breast, cut into 1-inch cubes
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- 2 red bell peppers, seeded and cut into 1-inch squares
- 1 onion, cut into 1-inch squares
- ½ cup prepared stir-fry sauce
- ½ cup Almond Accents® Honey Roasted Flavored Sliced Almonds
- ¼ cup chopped green onions

Heat oil in wok or large skillet over high heat. Add chicken, garlic and ginger; stir-fry about 3 minutes or until chicken turns white. Add bell peppers and onion; stir-fry 1 minute. Add stir-fry sauce; cover and simmer about 5 minutes or until chicken is cooked through. Transfer to serving dish or 4 plates. Sprinkle with Almond Accents and green onions. (Note: 3 cups frozen stir-fry vegetables, thawed, may be substituted for bell peppers and onion.)

Serves 4

Nutrition Information Per Serving: 301 calories; 12 g fat; 66 mg cholesterol; 1299 mg sodium; 16 g carbohydrate; 2 g fiber; 31 g protein



Preparation Time : 10
minutes

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