

CHICKEN STRIPS AND TOFU SZECHUANESE

INGREDIENTS

Safflower or olive oil

1 lb/ 454g lean, skinless chicken breast, cut into strips, OR

1 lb/454g well drained firm tofu, cut into strips, OR combination of both to equal 1 lb

Sea salt and freshly ground black pepper

½ cup/ 120 ml red pepper, cut into strips

½ cup/ 120 ml firm green or yellow zucchini, cut into strips

1/3 cup/ 80 ml purple onion, cut into strips

1/3 cup/ 80 ml snow peas, trimmed

2 cloves garlic, passed through a garlic press

1 tsp/ 5 ml freshly grated ginger

SAUCE INGREDIENTS

Sea salt

Freshly ground black pepper

2 tsp potato flour or quinoa flour

3 tsp low-sodium soy sauce or gluten-free tamari

3 tsp rice vinegar

1 tsp organic honey

1 cup low-sodium vegetable broth or water (gluten-free if necessary)

PREPARATION

1. Place some of the oil in a nonstick skillet or wok. Brown chicken or tofu strips in batches over medium-high heat. Season with sea salt and black pepper. Remove from skillet or wok and transfer to a serving bowl.
2. In same skillet with a little more oil, stir-fry vegetables and garlic and ginger until just done, but still bright in color. Add sauce mixture to skillet. Bring to a boil and stir constantly. Add chicken or tofu or both if using. Heat through. Serve over brown rice.

SAUCE PREPARATION

1. Mix all dry ingredients in small bowl.
2. Add liquid ingredients and mix well. Ensure there are no lumps.

NUTRITIONAL VALUE PER SERVING WITH CHICKEN 4 servings

Calories: 234/Calories from fat: 93/Protein: 24g/Carbs: 12g/Dietary fiber: 4g/Sugar: 6g/Fat: 10g/Sat Fat: 0.05g/Sodium: 548mg