

Thai Peanut Chicken



Smart Cuisine, Heart Smart, Carb Smart and Sodium Smart.

4 Servings

Ingredients:	Instructions:
<p><u>Marinade:</u> 2 Tbsp Peanut Oil 3 Tbsp Creamy Peanut Butter 1 Tbsp Teriyaki Sauce ¼ tsp Curry Powder ¼ tsp Salt ¼ tsp Black Pepper ¼ tsp Cayenne Pepper ½ tsp Garlic Powder ¼ tsp Ground Ginger</p> <p>4 x 5oz Chicken Breast or smaller pieces. (Boneless/Skinless).</p>	<p>Marinade: Combine peanut butter, teriyaki sauce, curry powder, salt, black pepper, cayenne pepper, garlic powder, and ginger for marinade. Mix until well blended. Pour marinade over chicken. Hold refrigerated. At least 2 hours but better overnight.</p> <p>Drain and discard excess marinade. Place Chicken in oven safe pan. Sprinkle chicken with peanuts. Bake at 350 F until internal temperature reaches 165 F.</p>

Nutrition Facts per serving – 210 calories, 7g Fat, 1.5g Sat. Fat, 0g Trans Fat, 105g Cholesterol, 65mg Sodium, 0g Carbs, 0g Fiber, 0g added sugar, 34g Protein.