

Sugar Snap Pea with Chicken

2 skinless, boneless chicken breast, cut into thin strips
2 Tbs. canola oil
2 Tbs. oyster sauce
Pinch of salt
Pepper, to taste
3 cloves garlic, minced
3 cups sugar snap peas

Directions:

Heat a wok or large frying pan over high heat, add 1 Tbs. canola oil. When it is hot, add chicken, 1 clove of garlic, salt, and pepper. Cook until chicken is done. Stir in the oyster sauce and cook for 30 seconds. Transfer to a bowl and set aside.

Return the wok to high heat with remaining oil, add 2 cloves of garlic, 1 Tbs. oyster sauce, and then peas; stir-fry until tender-crisp, about 1-2 minutes. Stir in chicken for 60 seconds. Add a pinch of salt and pepper to taste. Transfer to a platter and serve right away. Serves 4.

Nutrient Analysis, per serving: 245 calories, 9g. carbohydrate, 27g. protein, 11g. fat, 48mg. sodium