

Chicken with Colored Peppers

Every Day Fit Gourmet Comments:

This one draws on the same healthful cooking techniques as Mongolian Beef but is even healthier, as chicken breast next to egg whites are some of the most absolutely healthy proteins a body can eat! This recipe provides nearly a full days supply of protein, along with lots of high anti-oxidant vegetables. The more colors the better as some of the brightest foods – be they peppers or blueberries – are some of the best foods for us.

The “velveting” technique used here for the chicken is very authentic to Chinese restaurants and creates a nice slippery texture but it has been modified to eliminate the deep frying in oil using a fraction of the oil and cooking over lower heat to preserve the tenderness of the chicken. This version keeps all of the flavor and is a delicious one you can eat every week with a great combination of lean protein, low fat, great vitamin-rich vegetables, all balanced with a carb (but not too much!) for a complete meal.

To cut oil even further in the recipe, I've listed tools you will need: a non-stick sauté pan is key. A plastic non-slip cutting board makes every day clean up easy so you can stick it in the dishwasher. See Part II: Every Day Fit Gourmet Tips, Tools and Ingredients for more.

Key to any Chinese recipe is having the ingredients prepared and set in place in bowls (the French call this “mis en place”). As you cook this way and learn the knack, you will find yourself getting faster and faster at preparing great food quickly.

Tools you will need:

Garlic press, Large Non-Stick Sauté Pan, Chef's Knife, Paring Knife, Glass Bowls, Two wooden spoons, Rice Cooker, Cutting Board

Time/Effort: Medium



Chinese Chicken with Colored Peppers

		MARINADE FOR VELVETING	2		serrano peppers
		CHICKEN:	3		one of each of these peppers: red pepper, green, yellow
3		boneless, skinless chicken breasts			FINISHING SAUCE:
1/2	tsp	salt			
1		egg white	1	tsp	sugar
1	Tbs	low sodium soy sauce	2	tsp	hoisin sauce
1	Tbs	cornstarch	1	Tbs	sherry
1	Tbs	dry sherry or rice wine	3	Tbs	low sodium soy sauce
		VEGETABLES TO PREP:	1	tsp	sesame oil
1	Tbs	vegetable oil (canola) for vegetables	1	Tbs	black sesame seeds (optional - sprinkle on at end)
2	Tbs	vegetable oil for cooking the chicken			
2	tsp	ginger root minced	3/4	tsp	hot garlic sauce (see Asian aisle at grocer, sometimes called Chili Garlic Sauce); optional but gives good flavor
3		clove garlic chopped	1.5	cups	sticky rice (I prefer Nishiki, amount is uncooked, cook according to rice cooker instructions)

1 Prepare the Vegetables: Slice tops off of the green, yellow and red peppers, remove seeds, split down top into four quarters with chefs knife. Then use paring knife to remove inner membranes. With chef's knife then cut peppers into 1-1.5" squares and add to a medium bowl. Next quarter lengthwise and then mince the serrano peppers (keep the seeds and membranes for good spice!!) and add to bowl with peppers. Chop ginger finely and add to bowl too. Chop garlic but set aside in very small bowl since this will be cooked separately.

2 Mash each garlic clove hard with the side of a chef's knife and your hand to loosen skin then peel each clove. Mash each clove again hard and then chop well and add to a very small bowl since this will be cooked separately.

3 Mix sauce in a glass. In large bowl mix egg white, salt, sherry, soy sauce and mix well w a fork or small hand whisk. Do not add cornstarch yet.

4 Slice across each chicken breast into 1/4" or less slices then after each breast is all in slices cut across all slices at once, cutting each slice in thirds so you have small pieces. Add to bowl with egg white mixture then toss in cornstarch and mix well with your hands or with two small spoons.

5 Heat large non-stick saute pan to med high; add 1 T oil and get HOT. Swirl the oil around and make sure the oil is shimmering and your palm held over the pan is hot before adding the vegetables. Then add peppers and toss with two wooden spoons; after a minute or so add the garlic and stir for just a minute then dump all vegetables out and back into the bowl the vegetables were previously in.

6 Add 2 T oil to pan, again get it hot. Add chicken, get hot over medium high and toss well non stop until no pink shows, meat looks cooked but still soft (3-5 minutes). Because you are using little oil the chicken may start to brown. If it does reduce heat to medium and continue cooking a little longer until chicken is cooked but still very soft. Return vegetables, stir well then add sauce, cook for a minute or two, stirring, then serve over rice.

Servings: 5

Nutrition Facts

Serving size: 1/5 of a recipe (11.2 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	508.47
Calories From Fat (22%)	112.96
% Daily Value	
Total Fat 12.75g	20%
Saturated Fat 1.51g	8%
Cholesterol 82.19mg	27%
Sodium 857.14mg	36%
Potassium 630.48mg	18%
Total Carbohydrates 54.65g	18%
Fiber 3.19g	13%
Sugar 4.84g	
Protein 39.11g	78%