

Healthier General Tso's Chicken



Sauce:

- 1 tablespoon cornstarch
- 1/2 cup water
- 2 cups snow peas, trimmed and halved diagonally
- 4 garlic cloves, sliced
- 2 teaspoons grated fresh ginger
- 3 tablespoons light brown sugar
- 2 tablespoons soy sauce
- 1/4 - 1/2 teaspoon red pepper flakes

Chicken and Coating:

- 2 large egg whites
- 3 tablespoons cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound chicken, cut into bite-size pieces

1. For sauce: Mix together water and cornstarch until smooth. Stir in remaining ingredients. Set aside.
2. For chicken: Whisk together egg whites, cornstarch, salt and pepper. Stir in chicken.
3. To cook: Heat skillet over medium-high heat. Add a small amount of oil. Add half of chicken to pan, dripping off excess coating. Cook, stirring occasionally until golden brown and cooked through. Remove from pan, add more oil if necessary and repeat with remaining chicken. Set the chicken aside.
4. Add sauce to skillet and cook until snow peas are tender and sauce is thickened. Add chicken (and any collected juices) to skillet. Toss to coat.
5. Serve with rice.

Serves: 4

*Make sure to use gluten-free soy sauce if cooking for those who cannot handle wheat.

* Feel free to add as many veggies as you like.

From: KitchenSimplicity.com