



aprons

# Spicy Peanut Chicken with Sweet Potatoes and Zoodles



## INGREDIENTS

- 1 teaspoon fresh ginger, peeled/grated
- 1/4 cup roasted peanuts, coarsely chopped
- 1 medium red bell pepper, coarsely chopped
- 2 cloves fresh garlic, finely chopped
- 1 lb boneless, skinless chicken thighs
- 1/2 cup creamy peanut butter
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons chili-garlic sauce
- 1 tablespoon brown sugar
- 3 tablespoons canola oil, divided
- 1/2 lb sweet potato (or butternut squash) spirals
- 1 lb zucchini squash spirals

## STEPS

1. Preheat large, nonstick sauté pan on medium-high 2–3 minutes. Whisk peanut butter, soy sauce, rice vinegar, chili-garlic sauce, brown sugar, garlic, ginger, and 2 tablespoons oil until combined.
2. Place remaining 1 tablespoon oil in pan, then add chicken; cook 2–3 minutes, stirring occasionally, or until brown. Add sweet potatoes, red pepper, and one-half peanut butter mixture; cook and stir 3–4 minutes or until sweet potatoes are tender and chicken is 165°F.
3. Remove pan from heat. Stir in zucchini spirals and remaining-half peanut butter mixture until blended and hot. Sprinkle with peanuts; serve.

## NUTRITIONAL INFORMATION

CALORIES (per 1/4 recipe) 640kcal; FAT 47.00g; SAT FAT 9.00g; TRANS FAT 0.00g; CHOL 85mg; SODIUM 600mg; CARB 32g; FIBER 2.00g; SUGARS 15g; PROTEIN 27g; CALC 4%; VIT A 0%; VIT C 0%; IRON 10%