Grab ‘n’ Go Dinner for Tonight

Thai Chicken-Broccoli Skillet

Ingredients	Where to Find It
4 oz uncooked whole wheat blend thin spaghetti or linguini (Ronzoni)	Aisle 2
Nonstick cooking spray	Aisle 5
1 lb boneless, skinless chicken tenderloins, cut into bite size pieces	Meat Dept. freezer
2 cups broccoli florets	Produce
2 Tbsp cold water	
2/3 cup chopped red bell pepper	Produce
6 green onions, sliced diagonally into 1” pieces	Produce
1/4 cup Adams natural peanut butter	Aisle 1
2 Tbsp reduced-sodium soy sauce	Aisle 2
2 tsp dark sesame oil	Aisle 5
1/2 tsp red pepper flakes*	Aisle 5
1/8 tsp garlic powder	Aisle 5
1/4 cup Planter’s dry roasted peanuts, chopped or whole (Optional)	Aisle 12

1) Cook pasta according to package directions, but do not add salt. Drain; set aside.
2) Spray a large nonstick skillet with cooking spray; heat over medium-high heat. Add chicken; stir-fry for 5 minutes or until chicken is no longer pink. Remove chicken from skillet.
3) Add broccoli, red bell peppers and cold water to skillet. Cook covered for 2 minutes. Uncover; cook and stir 2 minutes or until vegetables are crisp-tender.
4) Add cooked pasta, chicken and onions to skillet; turn heat to medium.
5) Combine peanut butter, hot water, soy sauce, oil, red pepper flakes, and garlic powder in small bowl until well blended. Drizzle over pasta mixture in skillet; toss to coat well. Top with peanuts before serving.

*This recipe can be made hotter or milder by changing the amount of red pepper flakes used.

Makes 4 servings.

Thai Chicken-Broccoli Skillet Nutrition Facts

Servings Per Meal (4)

Amount Per Serving	
Calories 330	
	% Daily Value*
Total Fat 10g	15%
Cholesterol 58mg	19%
Sodium 314mg	13%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Protein 36g	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Shape Up Tip

To make this a complete meal, add:

- **Melon slice**
- **Beverage**

Tonight’s Grab ‘n’ Go Dinner
Cost per serving: $2.26

To find the Grab ‘n’ Go dinner recipe ingredients look for this logo throughout the store.

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All ingredients will be marked with the Shape Up Kittitas County logo.