

## Cancer-fighting Asian Chicken and Rice

### Ingredients

- 1 lb boneless, skinless chicken breast, cut into bite-size pieces
- Salt and pepper
- Crushed red pepper, optional and to taste

### Sauce

- 1/3 cup packed light brown sugar
- 1/4 cup low-sodium soy sauce
- 3 tablespoons rice vinegar
- 1 teaspoon fresh ginger, peeled and chopped or 1/2 teaspoon ground ginger
- 2 cloves garlic, minced
- 1 tablespoon cornstarch

### For Serving

- Brown rice, couscous or orzo, cooked according to package directions.
- Steamed vegetables, such as cauliflower, broccoli, sugar snap peas, red pepper or your favorite blend.

### Instructions

1. Cook rice, couscous or orzo and set aside.
2. Steam vegetables, set aside.
3. Season chicken with salt, pepper and crushed red pepper, if using.
4. Sauté chicken in large nonstick skillet.
5. Combine sauce ingredients and whisk until smooth.
6. Add sauce to chicken; cook stirring constantly, until sauce thickens.
7. Serve with rice and steamed vegetables.

View the recipe video on YouTube here: <https://www.youtube.com/watch?v=1NmKFm1KQK0>