Mary Nickles' Peanut Butter Chicken
Serves 8

2 lbs. boneless, skinless chicken breasts or tenderloin
1 cup low sodium chicken broth
3 tbs. olive oil
½ cup white wine (optional)
2 tbs. soy sauce
1 tsp. Garlic powder, onion powder, basil, poultry seasoning, seasoning salt, grated or ground ginger
½ cup peanut butter
Cooked Rice
Steamed broccoli

Optional:
Cut up vegetables (carrots, pea pods, water chestnuts)
Chili peppers

Cut chicken in bite size cubes or slices. Sauté in oil with spices. When chicken is cooked, add wine. Simmer 3-5 minutes (alcohol will cook out). Add soy sauce and broth. Cover and cook on low for a few minutes. A minute before serving, stir in the peanut butter. If you like it thinner, add more broth. You can also add a tsp. of chili peppers for a spicier dish.

Serve over rice and broccoli. If you add veggies to the dish, put them in the sauté pan at the same time you add the wine.

Nutrient Analysis for 1 serving	Diabetic Exchanges	
Nutrition Facts	Meat	3
Serving Size 1/8 of recipe 264g (264g)	Fat	3
Amount Per Serving	Starch	2.5
Calories 315 Calories from Fat 124	Vegetable	1.75
% Daily Value*		
Total Fat 15g 22%		
Saturated Fat 3g 13%		
Trans Fat 0g		
Cholesterol 34mg 11%		
Sodium 734mg 31%		
Total Carbohydrate 23g 8%		
Dietary Fiber 5g 19%		
Sugars 3g		
Protein 22g		
Vitamin A 33% • Vitamin C 115%		
Calcium 7% • Iron 13%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
NutritionData.com		