

Thai-Peanut Chicken (served with Asian rice noodles)

4 (6-ounce) skinless, boneless chicken breast halves
1/4 teaspoon salt
1/4 teaspoon black pepper
1 teaspoon olive oil

Place each chicken breast in a zip-lock bag or between two sheets of heavy-duty plastic wrap. Pound to 1/3-inch thickness. Sprinkle chicken evenly with salt and pepper.

Heat olive oil in a large skillet over medium-high heat. Add chicken to pan and cook 5 to 6 minutes on each side or until browned with no pink in the center.

2 Tablespoons sesame oil
3 green onions
1 large carrot
3 cloves garlic, minced
1 Tablespoon grated fresh ginger
1/4 cup honey
1/4 cup creamy peanut butter
1/4 cup soy sauce
2 Tablespoons rice vinegar
2 Tablespoons rice wine
1/8-1/4 teaspoon cayenne pepper

While chicken cooks, thinly green onions and shred carrot. Remove chicken from pan and add sesame oil. Add carrots, green onions, garlic, and ginger to the pan and cook for 2 to 3 minutes, stirring constantly. Add remaining ingredients and mix well. Simmer for 2 minutes and then return chicken to the pan.

Serve immediately, over Asian rice noodles.