

JALAPENO CHICKEN



SERVING SIZE

4



INGREDIENTS

ITEM

Boneless Chicken Breast, Cut Into
1-inch Pieces
Sea Salt
Ground Black Pepper
Oil
Large Jalapeños, Sliced Into Rings

QUANTITY

1½ Lbs.
½ Tsp.
½ Tsp.
1 Tbsp.
2

ITEM

Soy Sauce
Water
Truvia Brown Sugar
Garlic, Minced

QUANTITY

¼ Cup
¼ Cup
2 Tbsp.
1 Tbsp.



PREPARATION

- Season chicken pieces with sea salt and ground black pepper.
- Heat oil in a large skillet or wok over medium-high heat.
- Add chicken to the skillet and cook for 6-8 minutes, stirring occasionally, until lightly browned and cooked through. Remove from the skillet and set aside.
- In the same skillet, add jalapeño rings and sauté for 2-3 minutes until slightly softened and fragrant.
- In a small bowl, whisk together soy sauce, water, Truvia brown sugar, and minced garlic to form the sauce.
- Pour the sauce into the skillet with the jalapeños and bring to a simmer.
- Stir until the sugar is dissolved and the sauce slightly thickens, about 2-3 minutes.
- Return the chicken to the skillet and toss everything together until the chicken is well coated with the sauce.
- Serve hot and Enjoy!