

Low-Point Pan-Seared Chicken with Spiced Mole Sauce

Ingredients:

- 2 Tbs olive oil, divided
- 1 lb skinless boneless chicken breasts
- 3/4 tsp. salt
- 1/4 tsp. pepper
- 1 tsp. Chinese five-spice powder, divided
- 1 Tbs chili powder
- 1 garlic, minced
- 1 1/2 cups water, divided
- 1 1/2 Tbs Peter Pan Whipped Creamy peanut butter
- 2 tsp. soy sauce
- 2 tsp. sugar
- 1 tsp. cocoa powder
- 1 Tbs corn starch

Heat 1 Tbs olive oil over medium to high heat. Sprinkle chicken breasts with salt, pepper, and 1/2 tsp. Chinese five-spice powder. Add the chicken and cook, flipping once, until a golden brown on both sides but partially cooked, about 4 to 5 minutes. (Chicken will finish cooking with mole sauce later). Remove chicken to a plate. Heat remaining 1 Tbs olive oil in same skillet over medium heat. Add the chili powder, garlic, and remaining 1/2 tsp. five-spice, and stir for 30 seconds. Add 1/2 cup water and stir to combine. Add peanut butter, soy sauce, sugar, and cocoa powder; and whisk until combined. Add remaining cup of water and bring to a simmer. Sprinkle in corn starch and whisk until mole starts to thicken. Return the chicken to the skillet and cook until chicken is cooked through, flipping occasionally. Serve the chicken and mole sauce with your favorite side dish and enjoy!

Total servings - 4, 4 oz. chicken breasts

Serving size - 1

Points per serving - 5.5

Points plus per serving - 5.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Today is a day that will never come again.
Make it a great one!" - Anonymous***