



Colossal Asian Veggie 'n Chicken Pack



1/4th of pack (about 1 1/2 cups): 232 calories, 3g total fat (0.5g sat. fat), 750mg sodium, 19.5g carbs, 3.5g fiber, 10.5g sugars, 29.5g protein

Prep: 15 minutes **Cook:** 35 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

1 tbsp. seasoned rice vinegar
1/2 tbsp. cornstarch
3 tbsp. oyster sauce
1 1/2 tsp. chopped garlic
1/8 tsp. ground ginger
4 cups dry coleslaw mix
2 cups bean sprouts
1 1/2 cups sugar snap peas
1 cup sliced mushrooms
One 8-oz. can sliced water chestnuts, drained
1 lb. raw boneless skinless chicken breast, cut into bite-sized pieces
1/8 tsp. each salt and black pepper

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet and spray with nonstick spray.

In a small bowl, combine vinegar with cornstarch and stir to dissolve. Mix in oyster sauce, garlic, and ginger.

Distribute all veggies onto the center of the foil and top with chicken. Sprinkle with salt and pepper. Drizzle with sauce mixture and cover with another large piece of foil.

Fold together and seal all four edges of the foil pieces, forming a well-sealed packet. Bake for 35 minutes, or until chicken is cooked through and veggies are tender.

Cut packet to release steam before opening entirely. Stir and enjoy!

MAKES 4 SERVINGS

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