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Basil Chicken with Peppers and Onions

- 1 Cup rice, brown
- 14 Ounces chicken, breast, boneless, skinless, cut into large bite-size pieces
- 4 Tbsp margarine with plant sterols
- 5 Cloves garlic, crushed
- 1/2 Cup onions, green, (white part, only)
- 1/2 Cup onions, yellow, chopped
- 1 Tsp soy sauce, less sodium
- 1 Small pepper, green, bell, chopped
- 1 Small pepper, red, bell, chopped
- 2 Tbsp oil, chile, or sesame oil
- 3/4 Cup broth, chicken, less sodium
- 3/4 Cup basil, fresh, chopped
- 2 Cups water

- 1) First, boil water (1 1/3 cups) in small (covered) pot and then add rice and simmer about 30 minutes until cooked.
- 2) Meanwhile cut chicken into large bite-size pieces.
- 3) Heat plant sterol in large frypan over medium-low flame. Add garlic and cook about 2 minutes. Blend in green and yellow onions, and soy sauce; then stir-fry about 2 minutes more. Add peppers and chili oil. Cook about 2 minutes more until peppers are tender-crisp.
- 4) Gradually add chicken and broth; then continue cooking until chicken is no longer pink, about 5 minutes. Reduce heat to low, stir in basil and cook about 30 seconds, or until basil wilts slightly.
- 5) Serve chicken over rice. Enjoy.

Makes 4 Servings