



# SkinSpirit

## REBALANCE

### **Stir-fried Spicy Chicken Tenders**

1 tsp. sugar  
1 tsp. paprika  
1/2 tsp. salt  
1/2 tsp. pepper  
1/4 tsp. cayenne pepper  
1 pound boneless, skinless chicken breast tenders, cut into 2-inch pieces  
1 tbs. canola oil  
1 bell pepper, cut into strips  
1 onion, cut into strips

Combine sugar, paprika, salt, pepper and cayenne in a medium bowl. Add chicken and toss to coat. Cover and refrigerate for 15 minutes or overnight.

Heat oil in large nonstick skillet over high heat. Add pepper and onion and cook, stirring occasionally, until the vegetables are soft, 5 to 7 minutes. Add the spice-rubbed chicken and cook, stirring, until no longer pink in the center, 3 to 5 minutes. Serve hot.

**RebalanceWeightLoss.com**

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