

Garlic-Pecan Chicken

Makes 4 servings

Spicy Garlic Marinade

- 3 large garlic cloves, peeled and minced
- ¼ teaspoon crushed red pepper flakes, or more as desired
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon salt

Chicken

- ¾ pound chicken breast, cut into thin strips for stir-frying
- 3 tablespoons extra-virgin olive oil
- 2 medium bell peppers, any color, seeded and julienned
- 1 small white onion, halved lengthwise and thinly sliced
- 1 teaspoon salt
- ¼ teaspoon crushed red pepper flakes, or more as desired
- ½ cup candied pecans, for garnish

1. **To make the marinade:** Combine the marinade ingredients in a large bowl. Add the chicken and toss to coat. Cover and refrigerate for up to 30 minutes.
2. Heat a wok or nonstick skillet over high heat and coat with 2 tablespoons of the oil. Add the chicken, and reserve the marinade.
3. **To prepare the chicken:** Sauté the chicken until browned and no longer pink in the center, about 2 minutes. Transfer to a bowl.
4. Recoat the wok with the remaining 1 tablespoon oil. Add the bell peppers, onion, salt, red pepper flakes, and reserved marinade. Sauté until the bell peppers soften, about 1 minute.
5. Return the chicken to the wok, stir, and cook until heated through. Garnish with the candied pecans. Serve hot.