



Spicy Thai-Style No-Cook Stir-Fry



1/4th of recipe (about 1 1/2 cups): 165 calories, 3g total fat (0.5g sat fat), 440mg sodium, 14g carbs, 4g fiber, 7g sugars, 22g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

Prep: 5 minutes

Chill: 15 minutes



More: [Lunch & Dinner Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

Ingredients

1/4 cup low-fat Thai peanut salad dressing or sauce (like Whole Foods 365 Everyday Value Organic Peanut Sauce)
2 tbsp. seasoned rice vinegar
1/2 tsp. red pepper flakes
One 12-oz. bag (about 4 cups) broccoli cole slaw
10 oz. cooked and chopped skinless lean chicken breast
2 cups sugar snap peas, halved
1/4 cup chopped cilantro

Directions

In a small bowl, combine salad dressing/sauce, rice vinegar, and red pepper flakes. Mix thoroughly and set aside.

In a large bowl, combine all remaining ingredients and mix well. Add dressing/sauce mixture and toss to coat. Cover and refrigerate until chilled, at least 15 minutes. If you just can't wait, go ahead and dig in!

MAKES 4 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.