



Menu 3 SERVES 4

Thai-Style Stir-Fried Chicken

Rice noodles

Place 6 ounces thin rice vermicelli (thin rice noodles) in a large bowl, cover with boiling water. Let stand 20 minutes. Drain, serve chicken over noodles.

Green tea

Game Plan

- 1 While noodles soak:
 - Prepare marinade for chicken
- 2 While chicken marinates:
 - Chop onion, carrot, and cilantro

Quick Tip: Look for prechopped onion in the supermarket produce aisle.

Thai-Style Stir-Fried Chicken

Once the chicken and vegetables are prepped, the cooking goes quickly. Have all the ingredients close at hand to whip up this sweet-hot dinner on a busy evening.

Total time: 40 minutes
(includes marinating time)

- 1/4 cup rice vinegar
- 2 tablespoons brown sugar
- 2 tablespoons fresh lime juice
- 2 teaspoons red curry paste
- 1/8 teaspoon crushed red pepper
- 1 pound skinless, boneless chicken breast, cut into bite-sized pieces
- 1 1/2 tablespoons vegetable oil, divided
- 1 cup chopped onion
- 1 cup chopped carrot
- 1 (8-ounce) package presliced mushrooms
- 1/2 cup light coconut milk
- 1 tablespoon fish sauce
- 1/2 teaspoon salt
- 1 cup fresh bean sprouts
- 1/4 cup chopped fresh cilantro

1. Combine rice vinegar, brown sugar, lime juice, red curry paste, and crushed

red pepper in a large zip-top plastic bag. Add chicken; seal and marinate in refrigerator 15 minutes, turning once.

2. Remove chicken from the bag, reserving marinade. Heat 1 tablespoon oil in a large nonstick skillet or wok over medium-high heat. Add chicken; stir-fry 4 minutes. Remove chicken from pan; keep warm. Add remaining 1 1/2 teaspoons oil to pan. Add onion and carrot; stir-fry 2 minutes. Add mushrooms; stir-fry 3 minutes. Add reserved marinade, scraping pan to loosen browned bits. Add coconut milk and fish sauce; bring to a boil. Reduce heat, and simmer 1 minute. Stir in chicken and salt; cook 1 minute. Top with sprouts and cilantro. Yield: 4 servings (serving size: 1 cup chicken mixture, 1/4 cup of sprouts, and 1 tablespoon cilantro).

CALORIES 271 (28% from fat); FAT 8.4g (sat 2.2g, mono 1.6g, poly 3.4g); PROTEIN 29.7g; CARB 19.6g; FIBER 2.9g; CHOL 66mg; IRON 2.2mg; SODIUM 767mg; CALC 43mg

Recipes by Cynthia DePersio, Robyn Webb, and Lisa Zwirn.