

1. Place noodles in a large bowl. Add enough hot water to cover them; let stand for 10 to 15 minutes or until the noodles are pliable but not soft. Drain well in a colander.

2. Meanwhile, for peanut topping, combine peanuts and lime peel; set aside.

3. In a small bowl combine fish sauce, lime juice, brown sugar, rice vinegar, and chile sauce; stir until smooth. Set aside.

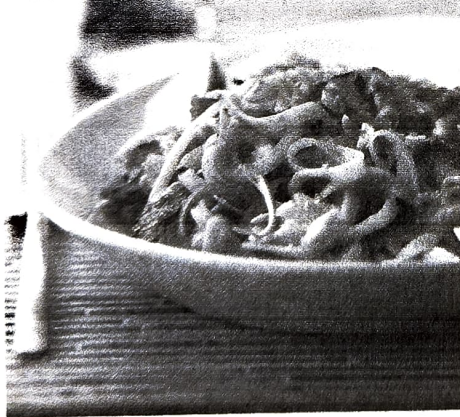
4. In a 12-inch nonstick skillet heat 1 tablespoon of the oil over medium-high heat. Add chicken and garlic; cook and stir about 6 minutes or until chicken is no longer pink. Transfer to a bowl.

5. Add egg to the hot skillet and cook for 30 seconds. Turn egg with spatula and cook for 30 to 60 seconds more, just until set. Remove egg from skillet; chop egg and set aside.

6. In same skillet heat remaining 2 tablespoons oil over high heat for 30 seconds. Add drained noodles and the sprouts; stir-fry for 2 minutes. Add fish sauce mixture and chicken; cook for 1 to 2 minutes more or until heated through. Divide noodle mixture among four plates. Sprinkle each serving with egg, peanut topping, green onion, and cilantro.

Per 1½ cups: 565 cal., 19 g total fat (3 g sat. fat), 119 mg chol., 945 mg sodium, 63 g carbo., 3 g fiber, 34 g pro.
Daily Values: 7% vit. A, 17% vit. C, 10% calcium, 14% iron
Exchanges: 3 Starch, 1 Other Carbo., 3½ Very Lean Meat, 3 Fat

Chicken Pad Thai



- (미안남어)
- 끓는물에 파스타 넣어 끓여낸
 - 치킨 작게 썰어 파가루에 묻혀
 - 팬에 기름 두르고 치킨 구워낸 (2 Tablespoon)

- 팬에 다시 기름 두르고 대파 (파) + 마늘 다지기 넣어 볶는다 → 중불
- 여기에 치킨브로, 레몬쥬스, 소금, 후추 볶는다
- 여기에 치킨 볶고 넣고 파슬리, 케이퍼 (물기 빼고) 넣어 볶는다
- 좀 되면 치킨브로 좀 더 넣는다
- 파스타 삶고 기름 치킨브로랑 섞어 접시에 담고 치즈가루 뿌려 먹는다

Lemon Chicken Pasta Toss

LOW FAT

Multigrain pasta has the nutritional advantages of a whole grain product plus a pleasantly chewy texture. In addition to penne, you may find it in the form of rotini and spaghetti.

Prep: 20 minutes Cook: 20 minutes Makes: 4 servings

2 cups dried multigrain penne (6 ounces) → any kind

12 ounces skinless, boneless chicken breast halves, cut into 1-inch pieces → 가슴살 작게 썰기

2 tablespoons all-purpose flour (이들 먹은 파)

2 tablespoons olive oil (좀 더 약하게 썰다)

¼ cup finely chopped shallot (3) → 양파

2 cloves garlic, minced

¾ cup chicken broth

3 tablespoons lemon juice

¼ teaspoon salt

¼ teaspoon black pepper

3 tablespoons capers, drained

3 tablespoons snipped fresh Italian parsley

Freshly grated Parmesan cheese (optional)

1. Cook pasta according to package directions; drain. Return pasta to hot saucepan; cover and keep warm.

2. Meanwhile, in a bowl toss together chicken and flour until chicken is lightly coated. In a large skillet cook and stir chicken in 1 tablespoon of the oil over medium-high heat for 6 to 8 minutes or until chicken is no longer pink. Remove chicken from pan; set aside.

3. Reduce heat to medium. Add remaining oil to skillet. Add shallot and garlic; cook and stir about 1 minute or until tender. Carefully stir in broth, lemon juice, salt, and pepper. Cook, uncovered, for 2 to 3 minutes or until reduced to about ¾ cup. Stir in chicken, capers, and parsley; heat through.

4. Toss pasta with chicken mixture. If desired, serve with Parmesan cheese.

Lemon Shrimp Pasta Toss: Prepare as above, except substitute 12 ounces peeled, deveined shrimp for the chicken. Cook and stir in skillet for 2 to 3 minutes or until shrimp are opaque.

Per 1½ cups chicken or shrimp variation: 339 cal., 9 g total fat (1 g sat. fat), 50 mg chol., 589 mg sodium, 36 g carbo., 4 g fiber, 29 g pro.
Daily Values: 9% vit. A, 18% vit. C, 4% calcium, 15% iron
Exchanges: 2½ Starch, 3 Very Lean Meat, 1 Fat