

## Thai Chicken Saute'

---

Adding vegetables (mushrooms, yellow squash or zucchini) to this recipe will make the calories and fat per serving even less.

### Ingredients:

- 1 (3½ ounce) bag boil-in-bag rice
- 1½ pounds chicken breast tenders
- 1 tablespoon cornstarch
- 1 tablespoon fish sauce
- 4 teaspoons canola oil, divided
- 1 cup sliced onion
- 2 teaspoons bottled minced garlic
- 1 teaspoon bottled ground fresh ginger (such as Spice World)
- ½ cup light coconut milk
- 2 tablespoons Sriracha (hot chile sauce, such as Huy Fong)
- 1 tablespoon sugar
- 1 tablespoon fresh lime juice
- 2 tablespoons chopped fresh cilantro
- 4 lime wedges

### Directions:

- Cook rice according to package directions, omitting salt and fat. Keep warm.
- Toss chicken with cornstarch and fish sauce. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add chicken to pan; sauté 5 minutes. Remove chicken from pan. Heat remaining 1 teaspoon oil in pan. Add onion, garlic, and ginger to pan; sauté 1 minute. Return chicken to pan; cook 1 minute or until done. Stir in coconut milk, Sriracha, sugar, and juice; cook 45 seconds or until thoroughly heated. Sprinkle each serving with 1 1/2 teaspoons cilantro. Serve chicken mixture over rice with lime wedges.

**Yield:** 4 servings (serving size: 1 1/2 cups chicken mixture, 1/2 cup rice, and 1 lime wedge)

**Nutritional Information:** Calories 403 (24% from fat); Fat 10.8g (sat 3.1g, mono 4.3g, poly 2.4g); Iron 2.4mg; Cholesterol 108mg; Calcium 32mg; Carbohydrate 31.4g; Sodium 650mg; Protein 42.6g; Fiber 0.5g

Recipe Source: Cooking Light, March 2007

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.