

Chicken

Chicken Larb

Cooking Light

Servings: 4

Preparation Time: 27 minutes

Start to Finish Time: 27 minutes

2 teaspoons red curry paste

1 pound boneless/skinless chicken breast

1/2 teaspoon salt

1 tablespoon canola oil

1/3 cup English cucumber, chopped

1/4 cup shallots, finely chopped

3 tablespoons cilantro, chopped

2 tablespoons fresh lime juice

8 cabbage leaves

Thai chile paste (optional)

Combine curry paste, chicken and salt in a food processor; process until smooth.

Heat a large skillet over medium-high heat. add oil to pan; swirl to coat.

Add chicken to pan; saute' 6 minutes or until done, stirring to crumble.

Remove pan from heat; stir in cucumber, shallots, cilantro and lime juice.

Place two cabbage leaves on each of 4 plates; divide chicken mixture evenly among leaves.

Serve with chile paste, if desired.

Per Serving (excluding unknown items): 56 Calories; 4g Fat (53.2% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 279mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat.