

Chicken

Chicken Meatballs with Peanut Sauce

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Servings: 4

Preparation Time: 20 minutes

Cook time: 20 minutes

1 pound ground chicken
1/2 cup plain bread crumbs
1/2 cup onion, finely diced
1/2 cup sweet red pepper, finely diced
1/3 cup cilantro, chopped
1 egg
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
1 1/2 teaspoons ginger, grated and divided
2 tablespoons vegetable oil
1 cup light coconut milk
1/3 cup reduced-fat chunky peanut butter
1/2 cup low-sodium chicken broth
2 tablespoons low-sodium soy sauce
3 cups cooked basmati rice
cilantro (for garnish)

In a large bowl, combine the chicken, bread crumbs, onion, red pepper, cilantro, egg, salt, cayenne and one teaspoon of the ginger. Mix well and form into twenty meatballs.

Add one tablespoon of the oil to a large, lidded saute' pan over medium heat. Add half of the meatballs and brown on all sides, 5 to 6 minutes total. Remove to a plate. Repeat with the remaining one teaspoon of oil and remaining meatballs. Set aside.

In the same pan, combine the coconut milk, peanut butter, chicken broth, soy sauce and the remaining 1/2 teaspoon of ginger. Stir constantly over medium heat to melt the peanut butter. Bring to a simmer and cook for 2 to 3 minutes, until slightly thickened.

Add the meatballs to the sauce. Cover the pan and cook 5 minutes, or until the meatballs are cooked through.

Serve the meatballs and the peanut sauce over rice.

Garnish with cilantro, if desired.

Per Serving (excluding unknown items): 555 Calories; 23g Fat (37.3% calories from fat); 43g Protein; 44g Carbohydrate; 4g Dietary Fiber; 160mg Cholesterol; 715mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat.