

Chicken

Thai Coconut Chicken

Cooking Light

Servings: 4

If you like Chile Paste

MARINADE

1 cup light coconut milk

1/4 cup low-sodium soy sauce

2 tablespoons fresh lime juice

1 tablespoon peeled fresh ginger, grated

2 teaspoons Thai chile paste

1/2 teaspoon sugar

2 shallots, thinly sliced

INGREDIENTS

4 6-ounce boneless/ skinless chicken breast

Combine the first seven ingredients in a bowl to create marinade.

Reserve 1/2 cup of coconut mixture. Pour remaining coconut mixture into a zip-top plastic bag.

Add chicken breast halves to bag; seal. Marinate in refrigerator for 2 hours.

Heat a grill pan over medium-high heat. Coat pan with cooking spray. Remove chicken from bag; discard marinade in bag. Sprinkle chicken with 1/2 teaspoon of salt. Add chicken to pan; cook 7 minutes on each side or until done.

Serve with reserved coconut sauce.

Per Serving (excluding unknown items): 51 Calories; 3g Fat (47.0% calories from fat); 2g Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 616mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.