

Chicken

Thai Mango Chicken

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Servings: 4

Preparation Time: 10 minutes

Start to Finish Time: 20 minutes

1 mango, peeled and cut into 1/2-inch chunks

1 jar (11.09 oz) Thai Kitchen red curry 10-minute simmer sauce

1 teaspoon oil

1 pound skinless/ boneless chicken thighs, cubed

Put 1/2 cup of the mango and the sauce in a food processor or blender and process until smooth.

Heat the oil in a large nonstick skillet over medium-high heat.

Add the chicken and saute' for 5 minutes or until browned.

Add the sauce mixture and bring to a simmer.

Simmer 3 minutes or until the chicken is cooked through.

Stir in the remaining mango.

Serve in lettuce leaves or over rice sprinkled with chopped cilantro, if desired.

Per Serving (excluding unknown items): 44 Calories; 1g Fat (24.0% calories from fat); trace Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Fruit; 0 Fat.