

Coconut-Lime Chicken & Snow Peas

Ingredients

1 cup "lite" coconut milk (see Cook's Tips)
1/4 cup lime juice
2 tablespoons brown sugar
1/2 teaspoon salt
8 ounces chicken tenders
4 cups shredded romaine lettuce
1 cup shredded red cabbage
1 cup sliced snow peas
3 tablespoons minced fresh cilantro
2 tablespoons minced red onion



Directions

Preheat oven to 400° F.

Whisk coconut milk, lime juice, sugar and salt in an 8-by-8-inch glass baking dish. Transfer 1/4 cup of the dressing to a large bowl; set aside. Place chicken in the baking dish; bake until cooked through, about 20 minutes.

Meanwhile, add lettuce, cabbage, snow peas, cilantro and onion to the large bowl with the dressing; toss to coat. Divide between 2 plates.

Transfer the chicken to a cutting board and thinly slice. Arrange the chicken slices on top of the salads. Drizzle 1 tablespoon of the coconut cooking liquid over each of the salads.

Serves:2 Prep Time: 35min.

Cook's Tip

Refrigerate leftover coconut milk for up to 4 days or freeze for up to 2 months. Use to make extra Coconut-Lime Dressing; drizzle on sliced fresh fruit; use as some of the liquid for cooking rice; make a Pineapple-Coconut Frappe.

Nutrition Facts

Per Serving

Calories: 183 | Fat: 3g | Sat Fat: 1g | Monounsaturated Fat: 0g | Polyunsaturated Fat: 0g |
Sodium 190mg | Carbs: 13g | Potassium 429g | Protein 29g

