



8811 Village Drive, Suite 300 San Antonio, TX 78217

210-651-0303

Coconut-Lime Chicken & Snow Peas

1 cup "lite" coconut milk
¼ cup lime juice
2 Tbsp brown sugar
½ tsp salt
8 oz. chicken tenders
4 cups shredded romaine lettuce
1 cup shredded red cabbage
1 cup sliced snow peas
3 Tbsp minced fresh cilantro
2 Tbsp minced red onion

1. Preheat oven to 400°F
2. To make dressing, whisk coconut milk, lime juice, sugar, and salt in an 8x8 inch glass baking dish. Transfer ¼ cup of the dressing to a large bowl and set aside. Place chicken in baking dish and bake until cooked through, about 20 minutes.
3. Meanwhile, add lettuce, cabbage, snow peas, cilantro, and onion to the large bowl with the dressing and toss to coat. Divide between 2 plates.
4. Transfer the baked chicken to a cutting board and slice thinly. Arrange the chicken slices on top of the salads and drizzle 1 Tbsp of the coconut cooking liquid over each of the salads.

Makes 2 servings

Per Serving:

Calories: 186

Carbohydrates: 14 g

Sodium: 191 mg

Fat: 3 g

Cholesterol: 67 mg

Protein: 29 g

Fiber: 4 g

Source: http://www.eatingwell.com/recipes/coconut_lime_chicken_snow_peas.html