

Thai-Style Chicken Curry

Prep Time: 20 minutes | Cook Time: 25 minutes | Total Time: 45 minutes

Ingredients

1 tablespoon peanut oil

1 tablespoon ginger, minced (or a 1-inch piece, crushed)

1/2 tablespoon garlic, minced (about 1 clove)

1/4 cup scallions, chopped

1 tablespoon lemongrass, minced (or zest from 1 lemon)

1 tablespoon Thai green curry paste

1/2 cup light coconut milk (or use a spoon to discard visible layer of fat off the top of an unshaken can of regular coconut milk; then, measure 1/2 cup for recipe)

1 teaspoon honey

1 teaspoon lite soy sauce

1 teaspoon fish sauce

1 tablespoon cornstarch

Ingredients

For chicken and vegetables:

1/2 cup low-sodium chicken broth

1 bag (12 oz) frozen vegetable stir-fry

12 oz boneless, skinless chicken breast, sliced thin

Instructions

1. Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes). Set aside until step 7.
2. For sauce, heat oil in a small saucepan on medium heat. Add ginger, garlic, scallions, and lemongrass, and cook gently until tender, but not brown, about 2–3 minutes.
3. Add curry paste, and cook for an additional 2–3 minutes.
4. Add coconut milk, honey, soy sauce, and fish sauce, and bring to a boil over high heat.
5. In a bowl, mix cornstarch with chicken broth. Add mixture to the saucepan, and return to a boil while stirring constantly.
6. Lower heat to a simmer, and add chicken strips. Simmer gently for 5–8 minutes.
7. Add thawed vegetables, and continue to cook gently with lid on until the vegetables are heated through, an additional 2–3 minutes.
8. Divide into four even portions, each about 3 ounces chicken breast and 1 cup vegetables, and serve.

Tip: Delicious served over rice or Asian-style noodles (soba or udon).

Nutrition Information

Serving size: 3 oz chicken + 1 cup vegetables

Calories	207
Total Fat	7 g
Saturated Fat	3 g
Cholesterol	50 mg
Sodium	249 mg
Total Fiber	3 g
Protein	23 g
Carbohydrates	14 g
Potassium	406 mg

Nutrition Terms Defined

Calories: A measure of the energy provided by food.

Total Fat: All types of fat in the food — includes both healthy and unhealthy fats.

Saturated Fat: A type of fat that can raise “bad” cholesterol levels when eaten in excess.

Cholesterol: A waxy substance found in the blood. Too much from food can affect heart health.

Sodium: A mineral that helps regulate fluid balance, but too much can raise blood pressure.

Fiber: The part of plant foods that helps with digestion and supports heart health.

Protein: A nutrient that builds and repairs tissues, including muscles.

Carbohydrates: The body’s main source of energy; includes sugars, starches, and fiber.

Potassium: A mineral that helps control blood pressure and supports heart and muscle function.

Fat Attack

Source

Deliciously Healthy Dinners
National Heart, Lung, and Blood Institute
https://www.nhlbi.nih.gov/resources/keep-beat-recipes-deliciously-healthy-dinners

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