

Chicken

Asian Peanut Chicken with Cucumber Salad

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Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 25 minutes

1 18-ounce seedless cucumber

1/3 cup seasoned rice vinegar

1/4 mint, chopped

1 package (3.5 oz) peanut sauce mix (A Taste of Thai), both envelopes

4 7-ounce boneless/ skinless chicken breasts, tenderloins removed

1 tablespoon oil

1 1/4 cups water

Cut the cucumber crosswise in half, then cut each piece lengthwise in half. Place each flat side down and cut into thin lengthwise slices.

Toss the cucumber, vinegar and mint in a large bowl. Cover and refrigerate until chilled.

Place one envelope of the dry peanut sauce mix on a sheet of wax paper. Turn the chicken breasts in the mix to coat.

Heat the oil in a large nonstick skillet over medium heat. Add the chicken and cook, turning once, for 6 minutes or until golden and an instant-read thermometer inserted from the side to the center registers 165 degrees. Remove to a plate and cover slightly to keep warm.

Add water and the remaining envelope of peanut sauce mix to the skillet. Bring to a boil. Cook, stirring, for about 3 minutes until slightly thickened.

Serve the sauce on the chicken with the cucumber salad alongside.

Per Serving (excluding unknown items): 33 Calories; 3g Fat (86.4% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.