



IN

The Villages[®]

America's Healthiest Hometown

Thai-Style Chicken Curry

Prep Time: 20 minutes

Cook Time: 25 minutes

Yields: 4 servings

Serving Size: 3 oz chicken, 1 c vegetables

Ingredients:

For sauce:

1 Tbsp peanut oil or vegetable oil

1 Tbsp ginger, minced

½ Tbsp garlic, minced

¼ c scallions, rinsed and chopped

1 Tbsp lemongrass, minced

1 Tbsp Thai green curry paste

½ c light coconut milk

1 tsp honey

1 tsp lite soy sauce

1 tsp fish sauce

1 Tbsp cornstarch

½ c low-sodium chicken broth

For chicken and vegetables:

1 bag (12 oz) frozen vegetable stir-fry

12 oz boneless, skinless chicken breast, cut into thin strips