



Ginger-Coconut Chicken

Ingredients

1 tablespoon yellow split peas
1 teaspoon coriander seeds
1-2 dried red chiles, such as Thai, cayenne or chiles de arbol
1/4 cup "lite" coconut milk
2 tablespoons minced fresh ginger
4 medium cloves garlic, minced
2 tablespoons finely chopped fresh cilantro
1/2 teaspoon salt, or to taste
4 boneless, skinless chicken breast halves,
(1-1 1/4 pounds total), trimmed



Instructions

Toast split peas, coriander seeds and chiles in a small skillet over medium heat, shaking the pan occasionally, until the split peas turn reddish-brown, the coriander becomes fragrant and the chiles blacken slightly, 2 to 3 minutes. Transfer to a plate to cool for 3 to 5 minutes. Grind in a spice grinder or mortar and pestle until the mixture is the texture of finely ground pepper.

Combine coconut milk, ginger, garlic, cilantro, salt and the spice blend in a shallow glass dish. Add chicken and turn to coat. Cover and refrigerate for at least 30 minutes or overnight.

Preheat broiler. Coat a broiler-pan rack with cooking spray. Place the chicken (including marinade) on the rack over the broiler pan. Broil chicken 3 to 5 inches from the heat source until it is no longer pink in the center and the juices run clear, 4 to 6 minutes per side.

Nutrition Facts

Calories 152; Total Fat 3g; Saturated Fat 1.0g; Cholesterol 66mg; Sodium 371mg; Total Carbohydrates 0g; Dietary Fiber 1.0g; Protein 27.0g

Recipe adapted from BlueCross Corporate Food Services



BlueCross BlueShield of South Carolina and
BlueChoice HealthPlan of South Carolina