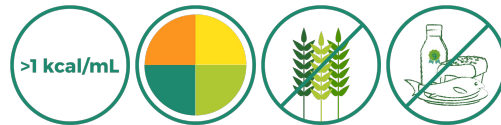


Thai Coconut Chicken



A fresh and flavorful dish that is much healthier than your favorite thai takeout, but just as delicious!

Photo Contest!



- Test Recipes
- Fill out the survey
- Submit photos
- Win prizes



Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 1020 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 46.9%

Protein: 19.7%

Fat: 33.4%

Make it for the whole family:

<https://www.cookinglight.com/recipes/thai-coconut-chicken>

Thai Coconut Chicken

Ingredients

- 11 ounces cooked quinoa
- 1 cup chopped fresh spinach
- 1 cup kale
- $\frac{3}{4}$ cup mango
- 1 cup pineapple
- 2 cups coconut milk substitute
- $3\frac{1}{2}$ ounces of cooked chicken breast, chilled
- 4 teaspoon olive oil
- $\frac{1}{2}$ tablespoon low sodium soy sauce
- 2 teaspoon lime juice
- 1 teaspoon grated ginger
- $\frac{1}{2}$ teaspoon chili paste
- 1 teaspoon shallots

Preparation

1. Add all ingredients to blender in order listed. Blend until completely smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

Chef knife

Cutting board

Grater

Measuring tools:

- 1 cup, $\frac{3}{4}$ cup
- Teaspoon, $\frac{1}{2}$ teaspoon
- Tablespoon

Tips

Substitute tofu for chicken to make this recipe vegetarian.

Brown rice or other whole grains such as farro can be used in place of quinoa to add variety.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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