

Spicy Thai Chicken With Basil

Makes 4 servings.

Per serving: 425 calories, 57g carbohydrates, 33g protein, 6g total fat (no saturated fat), 60mg cholesterol, 5g fiber, 1,000mg sodium. Calories from fat 13%.

Ingredients

- 1 cup jasmine rice
- 1 pound boneless, skinless chicken breast halves, cut into thin strips
- 3 tablespoons soy sauce (divided)
- 2 teaspoons Oriental-style chile sauce (or 2 tablespoons Sichuan sauce)
- 2 tablespoons lime juice
- 1 tablespoon light brown sugar, packed
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 10 ounces green beans, cut into 2-inch segments
- 1/2 ounce fresh basil, stems removed and leaves cut in chiffonade (about 1/3 cup packed)

Directions

1. Make rice according to package directions.
2. Meanwhile, toss chicken with 1 tablespoon soy sauce; set aside to marinate.
3. Combine remaining soy sauce, chile sauce, lime juice and brown sugar in small bowl; set aside.
4. Heat oil in wok or large skillet until hot; add garlic and cook 30 seconds. Add chicken and brown it, stirring, about 2 minutes.
5. Add soy sauce mixture and green beans, toss well and cook until green beans are crisp-tender and chicken is done, about 2 to 4 minutes, stirring often. Stir in basil.
6. Serve with rice on the side.