



Chicken Satay

Low Fat, Heart Healthy Meal

cal 400, protein 44g, carbs. 46g, fat 15g, chol. 80mg, sodium 1439mg, fiber 4g

2 servings

Ingredients

- canola oil spray or sesame oil
- 1 scallion, white and green parts, sliced into thin rings
- 2 tbs. natural peanut butter
- 2 tbs. soy sauce
- 1 tbs. brown sugar
- 1 tbs. grated fresh ginger, or ¼ tsp. dried
- 1 to 2 garlic cloves, chopped
- 1 cup broth (chicken or vegetable)
- 1 cup white rice or parboiled instant brown rice
- ½ to ¾ pound chicken thighs or breasts
- ¼ head purple cabbage, thinly sliced/shredded
- about 2 cups fresh or frozen snow pea pods
- 1 to 3 large shitake mushrooms, thinly sliced

Preparation

1. Preheat oven to 450 degrees.
2. Coat the inside and lid of a cast iron Dutch oven with canola oil or sesame oil.
3. In a small bowl, whisk the scallion, peanut butter, soy sauce, brown sugar, ginger, garlic, and 2 tablespoons of the broth. Whisk until the sugar is dissolved and peanut butter is emulsified.
4. Rinse the rice in a strainer under cold water until the water runs clear. Tip the rice into the pot. Add the remaining broth and 1/4 cup water and stir to make an even layer.
5. Add the chicken and drizzle with one-third of the peanut butter sauce.
6. Arrange the cabbage on top and pour half of the remaining sauce over it.
7. Add the snow peas and mushroom slices in another layer and pour the rest of the sauce over all.
8. Cover and bake for 45 minutes, or until 3 minutes after the aroma of a fully cooked meal escapes the oven. Serve immediately. If the rice is still crunchy, fluff with a fork and replace the lid for another 3 to 5 minutes before serving.