



## **Coconut-Lime Chicken & Snow Peas**

**Serves 2**

*To Make Ahead: The dressing (Step 2) will keep for up to 2 days.*

1 cup "lite" coconut milk  
1/4 cup lime juice  
2 tablespoons brown sugar  
1/2 teaspoon salt  
8 ounces chicken tenders  
4 cups shredded romaine lettuce  
1 cup shredded red cabbage  
1 cup sliced snow peas  
3 tablespoons minced fresh cilantro  
2 tablespoons minced red onion

Preheat oven to 400°F. Whisk coconut milk, lime juice, sugar and salt in an 8-by-8-inch glass baking dish. Transfer 1/4 cup of the dressing to a large bowl; set aside. Place chicken in the baking dish; bake until cooked through, about 20 minutes.

Meanwhile, add lettuce, cabbage, snow peas, cilantro and onion to the large bowl with the dressing; toss to coat. Divide between 2 plates.

Transfer the chicken to a cutting board and thinly slice. Arrange the chicken slices on top of the salads. Drizzle 1 tablespoon of the coconut cooking liquid over each of the salads.

### **Nutritional Analysis**

Serving Size: 4 ounces chicken

Calories	183
Fat	3g
Saturated Fat	1g
Trans Fat	0g
Polyunsaturated Fat	0g
Monounsaturated Fat	1g
Cholesterol	67mg
Sodium	190mg
Carbohydrates	13g
Dietary Fiber	4g
Sugar	2g
Protein	29g
Potassium	429mg
Calcium	0mg

### **Diabetic Exchanges:**

Vegetable	2
Very lean meat	4