

WARM THAI CHICKEN SALAD

Part of the uniqueness of Thai cuisine comes from the fondness for combining hot foods with cold, as in this deliciously different salad. Serve fresh fruit for dessert.

Makes 4 servings at \$2.01 each.

Nutrient Value Per Serving: 564 calories, 55 g protein, 32 g fat, 16 g carbohydrate, 831 mg sodium, 115 mg cholesterol.

- 2 tablespoons dry sherry**
- 2 tablespoons soy sauce**
- 2 tablespoons water**
- 4 tablespoons corn oil**
- 1 tablespoon light brown sugar**
- 1 tablespoon creamy-style peanut butter**

- 1/4 to 3/4 teaspoon crushed red pepper flakes**
- 1 cup shredded carrot**
- 1 cup shredded, pared, seeded cucumber**
- 2 tablespoons vinegar, preferably rice wine vinegar**
- 5 boneless, skinned chicken breast halves (about 1 3/4 pounds), cut crosswise into strips**
- 2 green onions, sliced**
- 2 cloves garlic, finely chopped**
- 3/4 cup dry-roasted unsalted peanut halves**
- 8 to 12 lettuce leaves**

- 1.** Stir together sherry, soy sauce, water, 1 tablespoon of the oil, brown sugar, peanut butter and red pepper flakes in small bowl. Blend well. Set aside.
- 2.** In separate bowl, toss together carrot, cucumber and vinegar. Refrigerate, covered, until serving time.
- 3.** Heat remaining 3 tablespoons oil in wok or large skillet over medium-high heat. Stir-fry chicken, green onion and garlic, half at a time, about 3 minutes or until chicken is cooked through. Remove from wok. Stir-fry peanuts, 1 minute. Add reserved soy sauce mixture to wok along with chicken. Stir-fry 1 minute or until mixture is heated through. Remove from heat.
- 4.** Arrange lettuce leaves on 4 individual plates. Top with carrot-cucumber mixture, dividing equally. Spoon chicken mixture over each salad. Serve immediately.