

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Thai Coconut Milk Grilled Chicken

From [www.melskitchencafe.com](http://www.melskitchencafe.com)

This is great paired with the Chopped Thai Salad (you can find that recipe on [www.webbwellness.com](http://www.webbwellness.com) on the "past recipes" page).

14-ounce can full-fat coconut milk  
5-6 cloves garlic, finely minced  
1 tablespoon palm (coconut) sugar, Sucanat, honey, etc...  
1 1/2 teaspoons coarse, kosher salt  
1 tablespoon finely grated fresh ginger  
2 teaspoons ground turmeric  
1 teaspoon cumin  
1/2 teaspoon ground coriander  
1/4 cup chopped fresh cilantro  
1-2 pounds chicken breasts or chicken tenders  
Lime wedges, for serving (optional)

1. In a medium bowl, whisk together the coconut milk, garlic, sugar, salt, ginger, turmeric, cumin, coriander and cilantro.
2. Place the chicken in a gallon-size Ziploc bag; pour in the marinade. Seal the bag and press until the marinade coats the chicken evenly. Refrigerate for 2 hours or up to 24 hours.
3. Preheat a grill to medium-high.
4. Remove the chicken from the marinade, letting the excess marinade drip back into the bag.
5. Grill the chicken until cooked through (time will depend on thickness of chicken - about 5-6 minutes per side for chicken breasts and 2-3 minutes per side for chicken tenders).
6. Let the chicken rest for a few minutes before serving.

\*If you don't have a grill, this chicken could be cooked on a grill pan, pan-fried in a skillet or or broiled in the oven.