

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Thai Honey Peanut Chicken

From www.thepioneerwoman.com/tasty-kitchen/recipes/main-courses/thai-honey-peanut-chicken

1 pound chicken, cut into chunks
¼ cup soy sauce
2 tablespoons honey
1 tablespoon lime juice
1 teaspoon minced garlic (approximately 1 large clove)
1 tablespoon natural peanut butter
½ teaspoon curry powder
1 teaspoon Sriracha hot sauce (optional)
Precooked vegetables (optional)
Sesame seeds
Cooked brown rice

1. Mix ingredients and marinate chicken for 2-3 hours.
2. Cook chicken in the sauce over medium-high heat for 7-8 minutes or until chicken is done. Reduce the heat to medium-low and add precooked veggies if desired. Top with sesame seeds and serve over brown rice.

To thicken sauce if needed: When heat is reduced to medium-low, add a cornstarch slurry (1 teaspoon cornstarch in 1 tablespoon water).

Substitutions: Replace chicken with tofu; replace peanut butter with tahini or another nut butter.