

THAI FOOD

An easy Thai stir-fry

Compiled by the Food staff

Thai cuisine is on the rise in this country. The number of Thai restaurants is increasing and more home cooks are discovering Thai cuisine, a naturally healthful style of cooking.

Noodles and vegetables are major ingredients in most Thai specialties. Pad Thai — or Thai fried noodles — is especially popular. Typically a stir-fry of noodles and bean sprouts topped with tender shrimp, Pad Thai is nutritious and easy to prepare.

Lite Pad Thai is a stir-fry of boneless chicken strips, bean sprouts, green onions, noodles and shrimp. Seasonings and sauce give this dish its Thai flavor. Yet sodium is kept down through the use of no-salt-added tomato juice and low-sodium soy sauce. Garlic and cilantro add a snappy bite.

LITE PAD THAI

- 1/2 pound uncooked linguine*
- 3/4 cup no-salt added tomato juice*
- 3 tablespoons low-sodium soy sauce*
- 1 tablespoon vinegar*
- 2 teaspoons sugar*

- 3/4 teaspoon cornstarch*
- 3 tablespoons vegetable oil (divided use)*
- 1/2 pound boneless, skinless chicken breast, cut into thin strips*
- 2 cloves garlic, minced*
- 1/2 pound bean sprouts, rinsed and drained*
- 1/3 cup sliced green onions and tops*
- 1/2 pound cooked baby shrimp, rinsed and drained*
- 1 tablespoon minced cilantro*
- Lime wedges*

Cook linguine according to package directions, omitting salt; drain. Combine tomato juice, soy sauce, vinegar, sugar and cornstarch; set aside.

Heat 1 tablespoon oil in hot wok or large skillet over high heat. Add chicken and stir-fry 1 minute; remove. Heat remaining oil in same pan. Add garlic, bean sprouts and green onions; stir-fry 1 minute.

Stir in linguine and cook 2 minutes, or until heated through. Return chicken with shrimp, cilantro and tomato juice mixture. Cook, stirring, until sauce boils and thickens. Serve with lime wedges. Makes 4 servings.