

## RECIPE FILE

# Here's what our

Staff Writer Jeffrey Weiss went to several Web sites and search engines looking for quick Asian-influenced main dishes. Here is what he found. The list begins with the name of the Web site or search engine, followed by a recipe found there.

## Health.yahoo.com

Yahoo, the most popular portal on the Net, has its own recipe search engine. "Chicken and Asian and fast" returned no hits. Neither did "chicken and Asian." But "chicken and Thai" brought three recipes. One was Shells With Thai-Style Chicken, credited to *Good Housekeeping*.

### Shells With Thai-Style Chicken

- 1 (16-ounce) package large shell pasta or fusilli
- $\frac{3}{4}$  pound green beans, trimmed
- 1 tablespoon olive oil
- 1 pound skinless, boneless chicken-breast halves, thinly sliced
- 2 tablespoons grated, peeled fresh ginger
- 2 garlic cloves, crushed with garlic press
- $\frac{1}{8}$  to  $\frac{1}{4}$  teaspoon crushed red pepper
- $\frac{3}{4}$  teaspoon salt
- 1 (14-ounce) can light coconut milk (not cream of coconut)
- 2 tablespoons fresh lime juice
- $\frac{1}{4}$  cup chopped fresh cilantro leaves

In large saucepot, prepare pasta in boiling salted water as label directs. After pasta has cooked 5 minutes, add green beans to pasta cooking water and continue cooking until pasta and beans are done.

Meanwhile, in nonstick 12-inch skillet, heat olive oil over medium-high heat until hot. Add chicken and cook, stirring often, about 2 minutes, until chicken just loses its pink color. Add ginger, garlic, crushed red pepper and salt, stirring constantly, about 30 seconds. Stir in coconut milk and lime juice; heat to boiling.

Drain pasta and beans; return to saucepot. Add coconut-milk mixture and cilantro; toss well. Makes 4 servings.

**Per serving:** Cal 663 (12% fat) Fat 9 g (2 g sat) Fiber 7 g  
Chol 63 mg Sodium 546 mg Carbs 103 g Calcium 107 mg

Source: Health.yahoo.com