



We love this delicious dish! It's full of wonderful vegetables and makes a great company meal. For non SCDers, add rice. Some very nice accompaniments to sprinkle over each serving would be chopped peanuts and unsweetened coconut.

Serves 4-5



Thai Chicken and Vegetables

- 1 Tablespoon olive oil
- 3-4 medium skinless, boneless chicken breasts, each cut into six pieces
- 1 teaspoon minced, peeled fresh ginger (optional)
- 3-4 large carrots, peeled and cut into pencil-thin strips
- 2-3 small zucchini, cut into pencil-thin strips
- 2-3 large green onions, thinly sliced (or 1 regular onion, chopped)
- 1 teaspoon salt
- $\frac{1}{4}$ cup peanut butter (peanuts and salt only)
- $\frac{1}{2}$ cup Campbell's 100% tomato juice
- 1 teaspoon Tabasco Sauce (added to taste)
- 3 Tablespoons apple cider vinegar
- 1 cup water

In nonstick skillet, heat oil over medium-high heat until very hot. Add chicken and cook until beginning to brown, 4-5 minutes

Add ginger, if using, and carrots to skillet and cook until carrot is lightly browned. Stir in zucchini and green onions and continue cooking until vegetables are tender.

Combine peanut butter, tomato juice, vinegar and water and stir into skillet until well blended. Heat to boiling over high heat. Reduce heat to low; cover and simmer until chicken loses its pink color and vegetables are crisp-tender; about 5-10 minutes

(Serve with rice to non-SCDers)