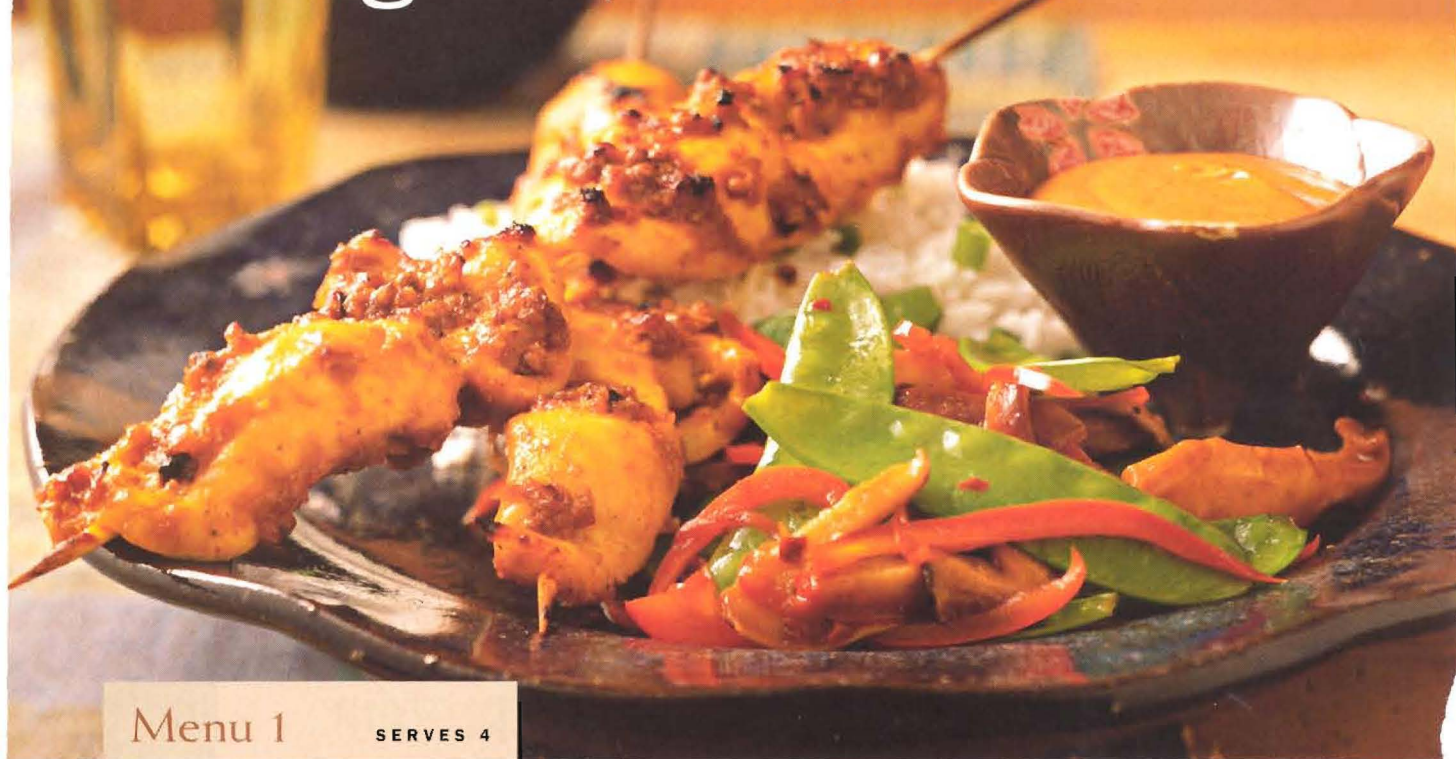


# dinner tonight

Spice up suppertime with these Indonesian-inspired dishes. **By Viviana Carballo**



## Menu 1

SERVES 4

### Chicken Saté with Peanut Sauce

#### Assorted vegetable sauté

Heat 1 tablespoon canola oil over medium-high heat in a large skillet.

Add 2 cups snow peas, 2 cups julienne-cut shiitake mushrooms, and 1 cup julienne-cut red bell pepper to pan. Stir in 1 tablespoon low-sodium soy sauce, 1 teaspoon lime juice, 1/2 teaspoon crushed red pepper, 1/4 teaspoon salt, and a dash of sugar, sauté 5 minutes or until vegetables just begin to soften.

#### White rice with green onions

### Game Plan

- 1 While broiler preheats:
  - Soak skewers in water
  - Prepare spice paste
  - Cook rice
- 2 While chicken marinates:
  - Prepare peanut sauce
- 3 While chicken cooks:
  - Cook vegetables

### Chicken Saté with Peanut Sauce

Classic Indonesian satés feature skewered meat, fish, or poultry that is grilled or broiled.

Total time: 45 minutes

#### SATÉ:

- 1/2 cup chopped shallots (about 4)
- 2 tablespoons dark brown sugar
- 1 tablespoon minced fresh ginger
- 1 tablespoon sambal oelek (chile paste with garlic)
- 1 tablespoon low-sodium soy sauce
- 2 teaspoons coriander seeds
- 2 teaspoons canola oil
- 1 teaspoon fish sauce
- 1/2 teaspoon turmeric
- 1/2 teaspoon black peppercorns
- Dash of freshly ground nutmeg
- 4 garlic cloves
- 2 whole cloves
- 1 1/2 pounds chicken breast tenders

#### PEANUT SAUCE:

- 1/2 cup reduced-fat creamy peanut butter
- 1/3 cup water
- 3 tablespoons lime juice
- 1 tablespoon low-sodium soy sauce
- 2 teaspoons dark brown sugar
- 1 teaspoon hot paprika
- 1 teaspoon Sriracha (hot chile sauce such as Huy Fong)

#### REMAINING INGREDIENT:

Cooking spray

1. Preheat broiler
2. To prepare saté, place first 13 ingredients in a food processor, and process until smooth. Place shallot mixture around chicken in a large zip-top plastic bag, seal and marinate in refrigerator 10 minutes.
3. To prepare peanut sauce, combine peanut butter and next 6 ingredients (through Sriracha) in a medium bowl; stir well with a whisk.
4. Remove chicken from bag, discard marinade. Thread chicken on 8 (12-inch wooden skewers). Place skewers on the rack of a broiler or roasting pan coated with cooking spray. Broil 12 minutes or until done. Serve with peanut sauce. Yield: 4 servings (serving size 2 skewer and about 1/4 cup sauce)

**Quick Tip:** For a quick side dish, use boil-in-bag rice, such as Success Rice, and follow the microwave directions.

CALORIES 424 (33% from fat); FAT 15.5g (sat 3.2g, mono 1.3g, poly 0.9g); PROTEIN 47.2g; CARB 23.7g; FIBER 2.7g; CHOL 99mg; IRON 2.6mg; SODIUM 745mg; CALC 37mg