



Coconut-Lime Chicken and Rice Soup

For this quick take on Thai coconut-chicken soup, you can even buy the roast chicken from a good deli (a 2-pounder will yield about 4 cups of meat).

PREP AND COOK TIME: 40 minutes

MAKES: 2 1/2 quarts; 6 servings

NOTES: If you want to give the soup more of a kick, add 1/4 to 1/2 teaspoon hot chile flakes to the broth mixture in step 1.

- 5 cups fat-skimmed chicken broth
- 1/3 cup fresh lime juice
- 1/4 cup thinly sliced fresh ginger
- 2 cloves garlic, peeled and crushed with the flat side of a knife
- 3 tablespoons soy sauce
- 3 tablespoons firmly packed brown sugar
- 2 cans (14 oz. each) reduced-fat coconut milk
- 4 cups bite-size pieces cooked chicken

1 fresh red or green jalapeño chile (optional), rinsed, stemmed, and thinly sliced crosswise

3 cups hot cooked medium-grain white rice

1/2 cup thinly slivered fresh basil leaves
Lime wedges

1. In a 4- to 5-quart pan, combine chicken broth, lime juice, ginger, garlic, soy sauce, and brown sugar. Bring to a boil over high heat, then cover, reduce heat, and simmer until flavors are blended, about 20 minutes.

2. With a slotted spoon, lift out and discard the ginger slices and garlic cloves. Add coconut milk, chicken, and sliced jalapeño (if using) to broth mixture. Stir the soup over medium-high heat just until hot, 5 to 6 minutes; don't let the soup boil.

3. Divide rice among six soup bowls. Sprinkle with slivered basil and spoon soup over the top. Garnish with lime wedges to squeeze into soup to taste.

Per serving: 459 cal., 27% (126 cal.) from fat; 39 g protein; 14 g fat (6.3 g sat.); 44 g carbo (0.4 g fiber); 696 mg sodium; 83 mg chol. •



WINE PAIRING

Coconut-Lime Chicken and Rice Soup: A dry or off-dry Gewürztraminer with spicy floral flavors, such as Thomas Fogarty 2004 (Monterey, CA; \$17).



Lemon Penne with Mint

It takes only one pan to make this light pasta. For a heartier version, sprinkle thinly sliced prosciutto or serrano ham over the top.

PREP AND COOK TIME: 30 minutes
MAKES: 4 or 5 servings

- 3 cups chicken broth
- 2 tablespoons finely grated lemon peel
- 12 ounces dried penne pasta
- 2 cups frozen petite peas
- 3 tablespoons lemon juice
- 1/2 cup chopped mint leaves
- About 1/2 cup shredded parmesan cheese
- About 1/2 cup sour cream

1. In a 5-quart pan, bring chicken broth and 1 1/2 cups water to a boil. Add lemon peel and pasta; then simmer, stirring occasionally, until pasta is tender to bite, 10 to 14 minutes. Stir in peas and cook 30 seconds longer.

2. Remove from heat and let pasta stand, stirring several times, to absorb more liquid, 5 to 8 minutes.

3. Stir lemon juice and half the mint into pasta. Ladle into bowls and sprinkle with remaining mint and the parmesan cheese. Add a dollop of sour cream to each serving, and pass more to add to taste.

Per serving: 408 cal., 19% (78 cal.) from fat, 21 g protein; 8.7 g fat (4.7 g sat.); 61 g carbo (4.9 g fiber); 278 mg sodium; 16 mg chol.



WINE PAIRING

■ Lemon Penne with Mint: A citrusy Sauvignon Blanc with grassy notes echoes the lemon and mint in the pasta. Try Hall 2004 (Napa Valley; \$20).