

GAI KRAPROW (MINCED CHICKEN WITH BASIL)

INGREDIENTS:

- ☐ 3 pounds coarsely ground or minced white and dark meat chicken
- ☐ 2½ tablespoons dry white wine
- ☐ 3 pinches ground black pepper
- ☐ 2 tablespoons Asian sesame oil
- ☐ 1½ tablespoons salt
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon garlic powder
- ☐ ½ tablespoon vegetable oil
- ☐ 2 jalapeño chiles, sliced
- ☐ ½ cup thinly sliced basil leaves

INSTRUCTIONS: In a large bowl stir together all the above ingredients except the vegetable oil, jalapeños and fresh basil.

Heat a wok or large skillet over high heat and add the vegetable oil. Add the chicken mixture and stir-fry until the chicken is cooked, about 5 minutes. Stir in the jalapeños and basil and serve.

Serves 6 to 8.

PER SERVING: 248 calories, 37 g protein, 3 g carbohydrate, 9 g fat (2 g saturated), 120 mg cholesterol, 1,437 mg sodium, 0 g fiber.