Chicken Breasts with Thai Green Curry Sauce

My own concoction



4 boneless skinless chicken breast halves

4 slices bacon

16 ounces Trader Joe's Thai Green Curry Sauce

4 tablespoons fresh basil, cut in slivers, or mint if preferred

Serving Ideas: I served it with roasted broccoli (25 minutes in the oven alongside the chicken) and some egg noodles with just a smidgen of olive oil on it, with salt and pepper. You'll want something to soak up the sauce.

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 4

Do not that this is a very low calor, low fat dish, even with the bacon!

1. Preheat oven to 375°.
2. Remove chicken tender if you'd prefer, for another use. Gently mound the chicken breast lengthwise and wrap it in the slice of bacon.
3. In the bottom of a small casserole dish - just slightly larger than the amount of chicken you'll add - pour a bit of the Trader Joe's sauce. Add the chicken pieces and pour the remaining sauce over the chicken.
4. Bake for 25 minutes. Serve immediately sprinkled with the fresh basil on top. Accompany the chicken with something to soak up all that good sauce (rice, potatoes, pasta).

Per Serving (excluding unknown items): 167 Calories; 5g Fat (26.1% calories from fat); 29g Protein; trace Carbohydrate; trace Dietary Fiber; 74mg Cholesterol; 180mg Sodium. Exchanges: 4 Lean Meat; 0 Vegetable; 1/2 Fat.