

THAI HARVEST

Recipe developed by Chef Paige Vondran



DIRECTIONS

- In a small pot, combine the heavy cream and canola oil.
- Emulsify using a whisk or an electric milk frother until smooth.
- Add the Thai red curry paste and dry seasonings; stir to combine.
- Add the remaining ingredients to the mixture.
- Cover with a lid and let simmer for 15-20 minutes or until fragrant.
- Serve warm.

	Ingredients	Exchanges
Heavy Cream	20 gm heavy cream	
Protein	77.4 gm extra firm tofu, cut into cubes	4.9
Fat	10 gm canola oil	2
	Fat exchanges served on the side	7
Carbohydrate	4 gm Thai Kitchen® Thai red curry paste	0.8
	3.1 gm green beans	0.3
	4.2 gm tomatoes (cherry or regular)	0.2
Other	Salt, pepper, and garlic powder	

VARIATIONS

- The amount of heavy cream should be no more than 20 gm (unless protein exchanges exceed 5 exchanges). Too much heavy cream will create a bland flavor. The rest of the required heavy cream should be consumed on the side.
- No more than 10 grams of oil should be used in this recipe (unless protein exchanges exceed 5 exchanges) to avoid too oily of a base. The rest of required fat exchanges should be served on the side.
- Other protein exchanges can be used in this recipe such as chicken, pork, or shrimp.
- Other vegetables can be used in this recipe such as carrots, cauliflower, or peppers.
- The Thai curry paste should not be substituted or omitted as it creates the flavor profile for this dish.

NEW INGREDIENTS

Thai Kitchen (brand specific) Thai Red Curry Paste

- 1 carbohydrate exchange= 5 gm (no +/- fat)