



CHICKEN CURRY

Serves 4

**NUTRITION INFORMATION PER SERVING:
381 CALORIES, 42 G CARBOHYDRATE,
12 G FAT, 29 G PROTEIN**

- 2 tsp olive oil**
- 2 cloves garlic, minced**
- ½ cup onion, diced**
- 1 cup sweet potato, diced**
- 1 cup carrots, chopped**
- 1 cup green beans, chopped**
- 1 cup red peppers, diced**
- 1 lb cooked chicken, chopped**
- 2 Tbsp red curry paste (hot or mild)**
- 2-3 dried red peppers, chopped**
(dried red peppers are typically found in the produce section)
- 2 Tbsp fresh ginger, grated**
- 1 can light coconut milk**
- 1 cup brown rice, uncooked**

DIRECTIONS:

1. Cook rice according to package directions.
2. While rice is cooking, sauté garlic and onion in oil, in a large Dutch oven or large pot, over medium heat for 2-3 minutes.
3. Add remaining vegetables and sauté 10 minutes.
4. Add remaining ingredients, bring to a boil, reduce heat and let simmer 20-30 minutes or until potatoes reach desired level of tenderness.
5. Serve over rice.