

LiveWell

Apricot chicken curry

Yield: 4 servings



Ingredients:

- ½ Tablespoon olive oil
- ½ pound chicken breast, cut into 1-inch pieces
- 3 cloves garlic, minced
- 1 Tablespoon freshly grated ginger
- 1 bunch green onions, diced
- 1 large carrot, thinly sliced
- 5 dried apricots, quartered
- 1 small head cauliflower, broken into florets (4 cups)
- ¾ cup light coconut milk
- 1 Tablespoon yellow or red curry paste
- 1 cup water
- 2 Tablespoons natural crunchy peanut butter
- 1 Tablespoon coconut aminos
- ½ teaspoon cayenne pepper
- ½ teaspoon ground turmeric
- 1 teaspoon curry powder
- 1 teaspoon ground cinnamon
- 1 red pepper, julienned
- 15-ounce can of low sodium chickpeas, rinsed and drained
- ½ cup frozen peas
- 1 Tablespoon brown sugar
- Fresh chopped cilantro and green onion for garnish, optional

Directions:

1. Place a large skillet or pot over medium high heat. Add olive oil and chicken. Cook until chicken is browned on all sides (6-8 minutes).
2. Add garlic and ginger and cook for 30 seconds, then add green onion, carrot, apricots, and cauliflower florets. Sauté for 3-5 minutes until cauliflower turns light golden brown.
3. Add coconut milk, curry paste, water, peanut butter, coconut aminos, cayenne pepper, turmeric, curry powder, and cinnamon. Stir to combine.
4. Stir in bell pepper, chickpeas, frozen peas, and brown sugar and simmer over medium heat for 10 minutes or until vegetables are at desired consistency. Add more curry and cayenne pepper as needed to achieve desired level of spiciness.
5. Garnish with cilantro and green onion if desired.

Nutrition information per serving:

Calories: 388

Fat: 12 grams

Saturated fat: 4 grams

Cholesterol: 41 mg

Sodium: 486 mg

Carbohydrates: 43 grams

Fiber: 10 grams

Protein: 24 grams

Calcium: 106 mg

Food exchanges:

1 carbohydrate, 5 vegetables,

2 protein, 1 fat