

Chicken Curry on Brown Basmati Rice

Serving Size: ¼ of recipe

Serves: 4

Ingredients

1½ cups basmati brown rice
2 tablespoons extra virgin olive oil
1 small onion, diced
1 poblano pepper, diced
2 cloves garlic, minced
3 tablespoons sweet curry powder (Penzeys)
½ teaspoon salt
1/8 teaspoon cayenne pepper
1 cup low sodium vegetable broth
Juice of 1 lemon
1 tablespoon tomato paste
1 pound boneless, skinless chicken thighs, cut into bite size pieces
1 cup plain yogurt 2% fat

Directions

Prepare the brown rice according to package directions.

In a large pan, heat the olive oil. Sauté the onions until soft. Stir in the poblano, garlic, curry powder and other spices. Add the chicken pieces and continue stirring for 2 minutes to coat the chicken. Stir in the broth, lemon juice and tomato paste and scrape up any seasoning from the bottom of the pan. Bring to a boil. Reduce heat and simmer for 15 minutes.

Place the yogurt in a separate mixing bowl. Stir into the yogurt 1 spoon of the hot curry sauce. Continue to stir in 1 spoon at a time to raise the temperature of the yogurt. You want the yogurt to retain its creamy texture. Adding it too fast to the hot sauce will cause it to break and be grainy. After adding most of the curry sauce, stir the yogurt mixture back into the pan with the chicken. Continue to stir and heat to serving temperature. Thin the sauce if desired with a little broth. Serve on a bed of basmati rice.

I would rate the spiciness of this dish as medium. If you prefer less spice, reduce the cayenne by half.

Exchanges per serving

1 Lean Meat, 1 Starch, 1 vegetable, 2 Fats

Nutrients per serving

Calories: 211

Calories from fat: 126

Total Fat: 14g

Cholesterol: 12mg

Sodium: 553mg

Total Carbohydrate: 26g

Dietary Fiber: 4g

Protein: 8g