

Recipe of the Month – June 2022

Thai Chicken Curry

Serves 4

Serving Size: 1 cup Chicken curry 1/3 cup rice

Cost per Serving: \$2.25

Ingredients:

- 1 cup instant brown rice
- 1 pound boneless, skinless chicken
- 1 onion, chopped (about 1 cup)
- 2 carrots, chopped (about 1 cup)
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- 2 tablespoons Thai red curry paste
- 1 cup light coconut milk (about ½ of 13.5 ounce can)
- 1 cup chopped spinach



Directions:

1. Cook instant brown rice according to package directions. Set aside.
2. Cut chicken into 1 inch pieces.
3. Spray a large frying pan with nonstick cooking spray. Add chicken, onion, carrots, ground black pepper and salt. Cook over medium heat for 8 minutes.
4. Reduce heat to medium low. Stir in curry paste and coconut milk. Simmer for 5-10 minutes until vegetables are tender, stirring frequently.
5. Stir in spinach. Simmer for 3 minutes more, stirring frequently.
6. Serve curry over brown rice.

Tips:

- Extra coconut milk can be used in place of dairy milk in most recipes, including smoothies and soups.
- Use a 14 ounce package of firm tofu that has been drained and cut into small cubes in place of chicken.

Nutrition Facts per Serving: 290 calories, 7g total Fat (3g sat. fat), 85mg.Cholesterol,
390mg Sodium, 29g Carbohydrates, 3g Fiber, 5g Sugar, 28g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2022 Nutrition & Fitness Calendar*



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