

## Easy chicken curry

Makes ~4 servings

### Ingredients:

2 tablespoons canola or other neutral oil  
2 yellow onions, peeled and sliced  
Salt and pepper  
2 teaspoons curry powder  
1 (15oz) can unsweetened light coconut milk  
1 1/2 lb boneless chicken, cut into 1 inch chunks  
1 cup canned diced tomatoes, drained  
Chopped basil or mint for garnish (optional)



Place oil in large skillet and heat to medium-high. Add onions along with a pinch of salt and pepper. Cook until onions are falling apart, stirring occasionally, about 15 minutes. Stir in curry powder, add chicken and cook until chicken appears done, about 5-10 more minutes. Add coconut milk and cook until mixture thickens, about two minutes, stirring occasionally.

Add canned tomatoes and cook another minute. Adjust seasonings as desired. Serve over rice and garnish if desired.

*Recipe source: Mark Bittman, the New York Times*

Modifications: substitute tofu or shrimp for chicken, add additional vegetables like eggplant, carrots, zucchini, white or sweet potatoes, optional additional spices like ginger, garlic, turmeric, cinnamon

Nutrition info: 333 calories, 15g fat, 380mg sodium, 11g carb, 2.4g fiber, 36g protein. Good source of iron and vitamin C.



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