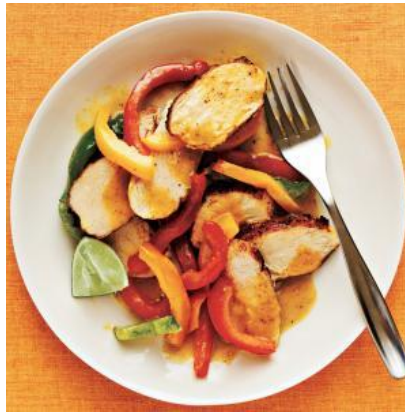


Curried Chicken Sauté

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| <u>Code</u> |
| \$, Q, DF |



| <u>Nutrition Facts:</u> | |
|-------------------------|--------|
| Yield | 4 |
| Calories | 175 |
| Total Fat | 5.9 g |
| Sat Fat | 3.6 g |
| Sodium | 185 mg |
| Fiber | 1.7 g |
| Calcium | 20 mg |
| Total Sugars | 12 g |
| Iron | 1.6 mg |

Ingredients Needed:

- 1 1/2 teaspoons curry powder, divided
- 1/2 teaspoon black pepper
- 1 pound skinless, boneless chicken breasts
- 1 cup mixed bell peppers, sliced
- 1 cup light coconut milk
- 1 lime

Recipe Directions:

- Sprinkle 1 teaspoon of curry powder and 1/2 teaspoon of black pepper over chicken
- Heat a nonstick skillet over medium heat and coat with cooking spray
- Add chicken to the pan and cook for 5 minutes on each side, or until done
- Remove chicken from pan and add bell peppers and 1/2 teaspoon curry powder to the pan and sauté for 1 minute
- Add coconut milk and bring to a boil
- Reduce heat and let simmer for 4 minutes or until mixture is thickened
- Cut lime in half and squeeze 1 tablespoon of juice and stir into the bell pepper mixture
- Cut the other half of the lime into wedges
- Cut chicken across the grain and into thin slices
- Serve chicken with bell pepper mixture and lime wedges