

INDIAN CHICKEN CURRY

- 4 cups sliced Swiss chard (about 12 ounces)
- 1 pound skinned, boned chicken breast halves, cut crosswise into thin slices
- 1 tablespoon cornstarch
- 1 tablespoon olive oil
- 1 cup diced onion
- 1 1/3 cups fat-free, less-sodium chicken broth
- 1 cup sliced baby carrot
- 1/2 cup light coconut milk
- 1 tablespoon tomato paste
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- 1 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 to 1/2 teaspoon ground red pepper
- 2 cups hot cooked long-grain rice
- 3 tablespoons chopped unsalted, dry-roasted peanuts

Steam Swiss chard, covered, 2 minutes or until crisp tender. Drain.

Combine chicken and cornstarch in a small bowl. Heat oil in a large nonstick skillet over medium-high heat until hot. Add onion, and stir-fry 2 minutes. Stir in chicken, and cook 4 minutes or until browned. Stir in broth and next 8 ingredients (broth through red pepper); reduce heat to medium. Cook 5 minutes, stirring occasionally. Add Swiss chard, and cook 2 minutes. Serve with rice. Sprinkle peanuts evenly over each serving.

Yield: 4 servings

Source: Cooking Light