



Indian-Style Simmered Chicken

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 6 servings | Serving Size: 4 ounces chicken with ½ cup rice and ⅓ of the spinach and sauce

Ingredients

1½ cups uncooked quick-cooking brown rice
1½ teaspoons garlic powder
1½ teaspoons ground coriander
1½ teaspoons ground cumin
¾ teaspoon salt
¼-½ teaspoon cayenne pepper, to taste
1½ pounds boneless skinless chicken breasts
(about 6 breasts, 4 ounces each)
1 tablespoon olive oil
2 teaspoons fresh ginger, minced (or
½ teaspoon ground dried ginger)
1 (13-ounce) can lite coconut milk
1 (15-ounce) can no-salt-added diced tomatoes
6 ounces fresh spinach (about 6 cups)
1 lime, juiced (about 2 tablespoons)

Directions

1. Cook the rice according to the package directions.
2. Meanwhile, in a medium bowl, combine the garlic powder, coriander, cumin, salt, and cayenne with a fork. Toss the chicken breasts in the spice mixture.
3. Heat a large skillet over medium-high heat.
4. Add the oil and heat until shimmering.
5. Add the chicken, sprinkling any of the remaining seasoning mixture on top, and sear until golden-brown, about 2-3 minutes on each side.
6. Add the ginger, coconut milk, and tomatoes with their juice. Bring to a boil, then reduce the heat to low and cover the pan with a lid.
7. Heat until the chicken is cooked through, about 8-10 minutes.
8. Add the spinach and cover the pan with the lid. Let cook until the spinach is wilted, about 2-3 minutes.
9. Stir in the lime juice.
10. Layer into six bowls with the rice on the bottom, then the spinach, sauce, and chicken. Serve warm.

**Nutrition Facts Per Serving: Calories: 380 | Total Fat: 9 g | Saturated Fat: 3.5 g
Sodium: 415 mg | Total Carbohydrate: 45 g | Dietary Fiber: 3.5 g | Protein: 32 g**

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