



Thai Chicken Curry Rice

Cook Time: 25 mins

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

Servings: 4

Ingredients

- 1 1/3 cup cooked brown rice
- 1 pound boneless, skinless chicken
- 1 onion, chopped (about 1 cup)
- 2 carrots, chopped (about 1 cup)
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt
- 2 Tablespoons Thai red curry paste*
- 1 cup light coconut milk (about 1/2 of 13.5 ounce can)
- 1 cup chopped spinach



Directions

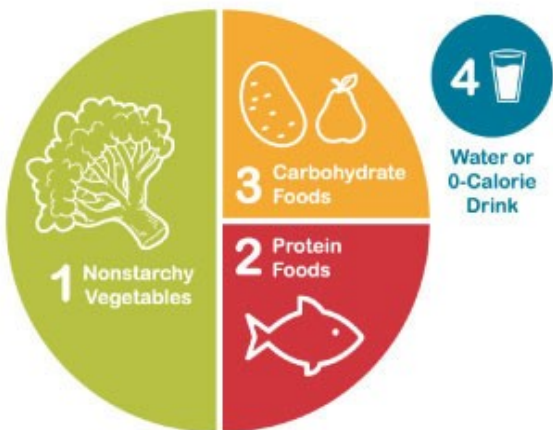
1. Cut chicken into 1-inch pieces.
2. Spray a large frying pan with nonstick cooking spray. Add chicken, onion, carrots, ground black pepper, and salt. Cook over medium high heat for 8 minutes.
3. Reduce heat to medium low. Stir in curry paste and coconut milk. (*For less spice, use less curry paste or add a little more coconut milk.)
4. 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.

Nutrition Facts

4 servings per recipe
Serving Size: 1 cup chicken
curry, 1/3 cup rice

Amount Per Serving	
Calories 290	
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 390mg	17%
Total Carbohydrates 29g	11%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 615mg	15%

Recipe from <https://spendsmart.extension.iastate.edu/recipe/thai-chicken-curry/>



The amount of carbohydrates (carbs) that someone may be recommended to eat in a day depends on multiple factors - age, body size, activity level, and medicines taken. To determine how many carbs you should be eating, please follow-up with your doctor, registered dietitian, or certified diabetes care and education specialist. The American Diabetes Association created *Diabetes Plate Method* is an easy tool to assist with creating a balanced meal to manage blood sugar.

Learn more at diabetes.org |
1-800-DIABETES (800-342-2383)