



## Curried Chicken with Raisins and Mushrooms

Yield: 4 servings

### Ingredients:

- 1½ tsp olive oil, extra virgin or virgin
- 2 boneless, skinless chicken breasts (about 12 oz),  
diced into 1-inch cubes
- 2 cups sliced fresh white mushrooms
- 2 cups sliced cremini mushrooms
- ½ medium red bell pepper, cut into ¾" squares
- 2 cups chicken broth, lower sodium
- 1 cup raisins
- 2 cups instant whole-grain rice
- 1½ tbsp curry powder



### Directions:

1. Heat olive oil in large sauté pan.
2. With heat on medium-high, place chicken in pan and cover with lid.
3. Cook chicken about 5 minutes.
4. Add mushrooms and peppers to pan and sauté 3-4 minutes.
5. Add chicken broth.
6. Gently mix in raisins, rice, and curry powder; bring to boil, reduce heat and cover.
7. Simmer until rice is done; fluff with fork and let sit 3-5 minutes before serving.

**Nutrition Facts:** Calories, 440; Calories from fat, 50; Total fat, 6g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 55mg; Sodium, 410mg; Total Carbohydrate, 71g; Fiber, 3g; Protein, 6g; Vit. A, 100%; Vit. C, 35%; Calcium, 4%; Iron, 15%.

Source: [www.choosemyplate.gov](http://www.choosemyplate.gov)



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