

Curry Chicken and Veggies

Serves: 2

Ingredients:

- 5 oz boneless raw chicken breast, diced
- ¼ cup chicken broth
- 4 teaspoons cornstarch
- 5 cups raw mushrooms, sliced
- 4 teaspoons olive oil
- 2 cups red bell pepper, chopped
- 2 cups peas
- 1 cup plain low-fat yogurt
- 2 teaspoons curry powder

Directions:

1. Put 2 teaspoons olive oil and the diced chicken in a non-stick pan. Cook chicken until browned, and then add the chicken broth, yogurt, curry powder and cornstarch, stir constantly.
2. Heat until thick sauce forms, and then simmer for 5 minutes.
3. While chicken is cooking put 2 teaspoons olive oil, mushrooms, bell peppers, and china peas in another non-stick pan. Cook until the vegetables are tender.
4. Place an equal amount of vegetable on two plates and top with equal amounts of chicken.

Nutritional Analysis: 373 calories, 13g fat, 35g carbohydrate, 7g fiber, and 32g protein.