

Chicken & Sweet Potato Curry

2 Tbsp. vegetable oil
2 medium onions, cut into ½-in. chunks
2 cloves garlic, minced
2 lb. skinless, boneless chicken thighs, quartered
1¼ lb. sweet potatoes, peeled and cubed (1 in.)
4 tsp. mild curry powder
1½ tsp. salt
1 tsp. pepper
1 tsp. cumin
1 tsp. coriander
2 cups canned whole tomatoes, chopped
1 cup coconut milk
2 Tbsp. mango chutney, finely chopped
¼ cup minced cilantro, for garnish



1. Preheat oven to 350°F. In large, nonstick Dutch oven, heat oil over medium heat. Add onions and garlic, and cook, stirring occasionally, until softened, about 7 minutes.
2. Add chicken, sweet potatoes, curry powder, salt, pepper, cumin and coriander, and stir to coat. Stir in 1 cup water, tomatoes, coconut milk and chutney, and bring to a boil.
3. Cover, transfer to oven, and bake 45 minutes or until chicken is cooked through and sweet potatoes are tender. Garnish with cilantro.

Makes 6 servings
Per serving: 403 calories, 19 g fat, 26 g carbohydrates (5 g fiber), 34 g protein