

## curry in a snap

Prep 15 minutes

Cook about 15 minutes

Makes 4 main-dish servings

- 1 tablespoon margarine or butter
- 1 pound skinless, boneless chicken breasts, sliced crosswise into  $\frac{1}{4}$ -inch slices
- 1 tablespoon curry powder
- 1 box (10 ounces) plain couscous
- 1 medium onion, chopped
- 4 ounces snap peas, strings removed from both sides, and each cut diagonally in half
- $\frac{1}{2}$  teaspoon salt
- 1 cup well-stirred unsweetened light coconut milk (not cream of coconut)
- $\frac{1}{4}$  cup dried apricots, chopped (about 3 ounces)
- $\frac{1}{4}$  cup shelled pistachios (about 2 ounces in shell), coarsely chopped

1. In nonstick 12-inch skillet, melt margarine over medium-high heat. Add chicken and sprinkle with curry powder. Cook 3 to 5 minutes or until chicken just loses its pink color throughout, stirring frequently. Transfer chicken to plate.

2. While chicken cooks, prepare couscous as label directs.

3. Add onion, snap peas, and salt to skillet; reduce heat to medium. Cook 4 to 5 minutes or until onion is tender, stirring frequently. Stir in coconut milk and apricots; heat to boiling. Return chicken with its juices to skillet.

4. To serve, fluff couscous with fork. Spoon chicken mixture over couscous; sprinkle with pistachios.

>> Each serving: About 565 calories, 39 g protein, 70 g carbohydrate, 14 g total fat (4 g saturated), 1 g fiber, 66 mg cholesterol, 420 mg sodium.