

## Healthy Chicken Curry

*This flavorful and low-calorie curry includes vitamin C-rich cauliflower. Serve it over whole-grain brown rice or quinoa for added fiber.*

**Work:** 20 min **Total:** 7 hr 20 min

- 1½ lbs boneless, skinless chicken breasts and thighs, cut into 3-inch pieces
- 1 small onion, thinly sliced
- 3 carrots, sliced into thick rounds
- 4 tsp curry powder
- 2 tbsp cornstarch
- ½ tsp each kosher salt and ground black pepper
- ¾ tsp ground turmeric
- ½ head cauliflower, cut into large florets
- 2 cloves garlic, minced
- ⅓ cup raisins
- 1¼ cup plain nonfat yogurt
- ¼ cup chopped cilantro

1. Add the chicken, onion and carrots to a 6-qt slow cooker. Combine the curry powder, cornstarch, salt, pepper and turmeric in a small bowl and toss with chicken mixture. Add cauliflower, garlic, raisins and ⅓ cup water; cover and cook 4 hr on high or 8 hr on low.
2. Ladle about 1 cup of the cooking liquid into a bowl and combine with the yogurt and cilantro; add mixture back to the slow cooker, stirring gently. **SERVES 6**

**Per serving:** 230 calories, 3.5 g total fat, 1 g sat fat, 647 mg sodium, 21 g carbs, 81 mg chol, 29 g protein, 3 g fiber

