

- *Chicken with Turmeric and Coriander*
- *Cucumber and Tomato Raita*
- *Pineapple and Ricotta Brûlée with Pistachios*

Nutrition Facts	
Serving: 1 meal	
Amount Per Serving	
Calories 497	
Total Fat 10 g	
Saturated Fat 2 g	
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 81 mg	
Sodium 391 mg	
Potassium 1357 mg	
Total Carbohydrate 74 g	
Dietary Fiber 12 g	
Sugars 28 g	
Added Sugars 4 g	
Protein 32 g	
Vitamin A	101%
Vitamin C	112%
Calcium	36%
Iron	24%

Chicken with Turmeric and Coriander

Makes 4 servings

This lovely dish adapts well to many variations. Try yams, sweet potatoes, or one of the many winter squash varieties in place of the potatoes. Any bean may be used to replace the chickpeas to good effect. Fresh green beans are a good substitution for the peas, although they should be added about 5 minutes before the chicken finishes cooking.

Ingredients

- 2 teaspoons canola oil, divided
- 4 boneless, skinless chicken thighs
- 1 cup finely chopped onions (about 3 medium onions)
- 4 cloves garlic, minced or pressed
- 2 tablespoons minced fresh ginger
- 2 tablespoons ground turmeric
- 1 tablespoon ground coriander seed
- ½ teaspoon ground red pepper (cayenne), or to taste
- 2 cups low-sodium chicken broth (such as Pacific Foods Brand)
- 1 russet potato, peeled and diced (about 1 cup)
- 1 15-ounce can chickpeas, rinsed (about 1 ½ cups)
- 1 14-ounce can no-salt-added diced tomatoes
- 1 cup frozen peas, thawed
- 1 cup tightly packed spinach
- ⅛ teaspoon salt
- Freshly ground black pepper, to taste
- ½ cup fresh cilantro leaves and tender stems
- 1 lime, cut into 4 wedges

Preparation

Heat 1 teaspoon of oil in a Dutch oven over medium-high heat. Add chicken and cook, turning often, until browned on all sides, 6 to 8 minutes. Transfer the chicken to a plate.

Reduce heat to low, and add the remaining teaspoon of oil to the Dutch oven. Add onions and cook, stirring, until lightly golden, 5 to 7 minutes. Add garlic, ginger, turmeric, coriander, and ground red pepper; cook, stirring constantly, until fragrant, about 2 minutes.

Increase heat to medium-high; stir in broth, potato, chickpeas, and tomatoes, and bring to a simmer. Return the chicken to the pan. Cover and simmer for 20 to 25 minutes or until an instant-read thermometer inserted into the thickest part of the chicken registers 165° F.

Nutrition Facts	
Amount Per Serving	
Calories 364	
Total Fat 7 g	
Saturated Fat 1 g	
Monounsaturated Fat 3 g	
Polyunsaturated Fat 2 g	
Trans Fat 0 g	
Cholesterol 71 mg	
Sodium 330 mg	
Potassium 1082 mg	
Total Carbohydrate 48 g	
Dietary Fiber 10 g	
Sugars 9 g	
Added Sugars 0 g	
Protein 26 g	
Vitamin A	29%
Vitamin C	51%
Calcium	8%
Iron	21%

Remove the chicken to a clean plate, and stir peas and spinach into the pot. Season with the salt and pepper. Return the chicken to the pot and cover, allowing the peas to steam for a few minutes. Add a little water if the pan is dry.

Sprinkle with cilantro just prior to serving. Serve with the lime wedges, squeezing fresh juice over the dish just prior to eating.

Cucumber and Tomato Raita

Makes 4 servings

This classic combination, based on East Indian regional cuisine, provides balance to a spicy dish like curry. Try substituting summer marrow varieties of squash or celery root for the cucumber for an equally delicious, seasonal alternative.

Ingredients

- 1 ripe Roma tomato, chopped into ¼-inch dice (about ½ to ¾ cup)
- ¼ cup red onion, grated
- ½ cup cucumber, grated
- ¾ cup loose-packed coriander (cilantro) leaves and tops, chopped
- 1 teaspoon cumin seeds, toasted and coarsely ground
- ½ cup plain low-fat yogurt

Preparation

Place all ingredients into a medium bowl. Fold lightly, lifting while turning the bowl to fully incorporate the ingredients.

Serve chilled or at room temperature for full flavor.

Nutrition Facts	
Amount Per Serving	
Calories 29	
Total Fat 1 g	
Saturated Fat 0 g	
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 2 mg	
Sodium 24 mg	
Potassium 152 mg	
Total Carbohydrate 5 g	
Dietary Fiber 0 g	
Sugars 2 g	
Added Sugars 0 g	
Protein 2 g	
Vitamin A	6%
Vitamin C	6%
Calcium	6%
Iron	2%

Pineapple and Ricotta Brûlée with Pistachios

Makes 4 servings

This dish can be easily adapted depending on what fruit is in season. We have enjoyed it using thick-sliced apples and pears, grapes, figs, strawberries, or cherries.

Ingredients

- 4 1-inch-thick pineapple slices from a small, peeled pineapple (or use sliced canned pineapple)
- 4 tablespoons low-fat ricotta cheese
- 2 tablespoons confectioner's sugar (powdered sugar)
- 2 teaspoons pistachios, chopped
- *Optional:* 4 strands saffron, sliced and soaked in 1 tablespoon warm water

Preparation

Preheat broiler to 400° F. Line a baking dish with aluminum foil.

Place the pineapple slices in the prepared baking dish. Broil pineapple for 2 to 3 minutes until very lightly browned, then remove from oven (leave broiler on).

Spoon ricotta over pineapple slices, spreading from the center of each slice to within a ½-inch of the edge. Sift the confectioner's sugar through a fine mesh sieve (or, alternatively, sprinkle) evenly over the cheese.

Return baking dish to the broiler, broiling until the sugar-coated cheese is lightly caramelized, turning the dish to heat and brown evenly.

Using a pancake spatula, place the brûléed pineapple on a serving plate. Distribute the pistachios over the portions.

If using the saffron, drizzle each plate with the liquid, then place the threads on the caramelized ricotta cheese as a decorative and flavorful garnish. Serve at once.

Nutrition Facts	
Amount Per Serving	
Calories 104	
Total Fat 2 g	
Saturated Fat 1 g	
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 8 mg	
Sodium 37 mg	
Potassium 123 mg	
Total Carbohydrate 21 g	
Dietary Fiber 2 g	
Sugars 17 g	
Added Sugars 4 g	
Protein 4 g	
Vitamin A	66%
Vitamin C	55%
Calcium	22%
Iron	1%