

Recipe Idea: Curry Coconut Chicken & Green Lentils



The green lentils at Trader Joes are packed with half the daily needed amount of fiber. Cook them according to the package and serve them with this easy chicken recipe:

Serves 6

2 pounds boneless skinless chicken breasts, cut into ½-inch chunks
1 head of broccoli, separated into pieces about the same size as the chicken
1 teaspoon salt and pepper or healthy seasoning substitute
1 ½ teaspoon canola oil
2 tablespoons curry powder
½ onion, thinly sliced
2 cloves garlic, crushed
1 ½ cup Trader Joes refrigerated coconut milk, original unsweetened flavor
1 ½ cup whole cherry tomatoes
Honey or other natural sweetener to taste

Season chicken pieces with salt and pepper or other seasoning substitute. Heat oil and curry powder in a large skillet over medium-high heat for two minutes. Stir in onions and garlic, and cook 1 minute more. Add chicken, tossing lightly to coat with curry oil. Reduce heat to medium, and cook until chicken is no longer pink in center and juices run clear. Pour coconut milk, tomatoes, and sweetener into the pan, and stir to combine. Cover and simmer, stirring

occasionally, approximately 30 minutes. Add the broccoli at the end and cook until the broccoli is al dente, to retain as much nutrition and cleansing properties as possible. Serve with the green lentils and brown rice or a kale salad.