

# Cooking with the DIETITIANS

## SQUASH COCONUT CURRY

Time: 25 minutes / Servings: 6

### INGREDIENTS

- 1¼ cup brown rice, uncooked
- 2 tsp olive oil
- 6 cloves garlic, chopped
- 2 Tbsp fresh ginger, minced
- 1 tsp curry powder
- 1 tsp chili powder
- 5-6 cups peeled, chopped squash
- 1 15-ounce can light coconut milk
- 2 Tbsp red curry paste
- 3 Tbsp creamy peanut butter
- 1 (15oz) can diced tomatoes
- 1 (15oz) can chickpeas, drained



### DIRECTIONS

1. Cook rice according to package directions. Set aside.
2. Heat the olive oil in a large skillet over medium heat. Add the garlic and ginger. Saute for 2-3 minutes, until soft and slightly brown.
3. Sprinkle the dry seasonings (curry and chili powder) over the squash and toss to combine. Pour the coconut milk into the skillet and whisk the curry and peanut butter into the coconut milk until smooth.
4. Add the seasoned squash, tomatoes, and chickpeas. Cover pan and simmer for 10-15 minutes or until squash is tender but not mushy. Remove from heat and let stand for 10 minutes (the sauce will thicken).
5. Add the rice to the skillet and mix well, or serve the curry over individual servings of rice (2/3 cup rice).

### NUTRITION FACTS (PER SERVING):

Calories: 414 Fat: 11.9g Sat. Fat: 4.1g Sodium: 189mg Total Carbohydrates: 66.5g Fiber: 9.2g Sugar: 6.7g Protein: 11.8g Vitamin A: 35% Vitamin C: 94%, Calcium: 3% Iron: 45%

Recipe adapted from: <http://pinchofyum.com/30-minute-squash-coconut-curry>

A collaboration with USF Dining