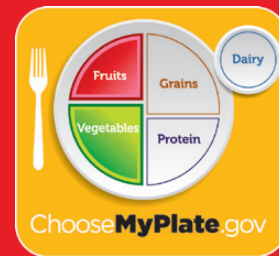


Curried Chicken with Raisins and Mushrooms

Preparation Time: 30 minutes

Savory chicken and mushrooms balanced with the sweetness of raisins and red bell peppers will make this curried one-pan recipe a family favorite.



Ingredients

1½ tsp olive oil,
extra virgin or virgin

2 boneless, skinless chicken
breasts (about 12 oz),
diced into 1-inch cubes

2 cups sliced fresh white
mushrooms

2 cups sliced cremini
mushrooms

½ medium red bell pepper,
cut into ¾" squares

2 cups chicken broth,
lower sodium

1 cup Sun-Maid raisins

2 cups instant whole grain rice

1½ tbsp curry powder

Heat olive oil in large sauté pan. With heat on medium-high, place chicken in pan and cover with lid. Cook chicken about 5 minutes. Add mushrooms and peppers to pan and sauté 3-4 minutes. Add chicken broth. Gently mix in raisins, rice, and curry powder; bring to boil, reduce heat and cover. Simmer until rice is done; fluff with fork and let sit 3-5 minutes before serving. Serves 4.

Time-saving ideas: Purchase sliced mushrooms, fresh or frozen bell pepper strips, and diced chicken.

Tips on how to select and store mushrooms

- Choose well-shaped mushrooms with firm texture and no visible moisture on the outside or in the pack.
- Refrigerate mushrooms in the original container or in a paper bag up to 1 week.
- To clean mushrooms, use a soft brush to remove any traces of peat moss or soil, or rinse quickly and pat dry.

Tips on how to store packaged raisins

- Store in a cool, dark place (warmth makes the food spoil faster).
- Use before the "use by" date on the package.
- Most packages will last from 4 months to a year.

For more great-tasting recipes featuring mushrooms visit www.MushroomInfo.com and for raisins visit www.Sunmaid.com.

Recipe cost

\$11.97 for four, \$2.99 per serving.

Meal cost

\$12.87 for four, \$3.22 per serving.

*Retail prices, Boulder, Colorado, July 2011.

Recipe Nutrition Information per Serving

Calories 440
 Total Fat 6g
 Saturated Fat 1g
 % of Calories from Fat 12%
 % Calories from Sat Fat 2%
 Protein 27g
 Carbohydrates 71g
 Cholesterol 55mg
 Dietary Fiber 6g
 Sodium 410mg

An excellent source of protein, fiber, vitamin C, riboflavin, niacin, B6, pantothenic acid, potassium, phosphorus, magnesium, and copper, and a good source of vitamin A, thiamin, iron, and zinc.

MyPlate Food Group Amounts

Fruits 1/2 cup	Protein 2 oz
Vegetables 1 cup	Dairy 0
Grains 1 1/2 oz	

Meal Nutrition Information per Serving

(Add a side salad with light dressing and an 8 oz glass of fat-free milk)

Calories 540
 Total Fat 7g
 Saturated Fat 1g
 % of Calories from Fat 12%
 % Calories from Sat Fat 2%
 Protein 36g
 Carbohydrates 86g
 Cholesterol 60mg
 Dietary Fiber 7g
 Sodium 690mg

An excellent source of protein, fiber, vitamin A, vitamin C, vitamin D, thiamin, riboflavin, niacin, B6, B12, pantothenic acid, calcium, potassium, phosphorus, magnesium, zinc, iodine, and copper, and a good source of folate and iron.

MyPlate Food Group Amounts

Fruits 1/2 cup	Protein 2 oz
Vegetables 1 1/2 cups	Dairy 1 cup
Grains 1 1/2 oz	

Healthy Resources

www.FruitsAndVeggiesMoreMatters.org
www.Sunmaid.com
www.MushroomInfo.com
www.FoodChamps.org
www.ChooseMyPlate.gov

MyPlate Core Messages

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

