

Curried chicken with raisins and mushrooms



Recipe credit

Produce For Better Health Foundation

About this recipe

Serves

4

Serving size

1/4 of the recipe

Time to make

30 minutes

Ingredients

- 1 1/2 teaspoons 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
- 1/2 medium red bell pepper (cut into 3/4" squares)
- 2 cups low sodium chicken broth
- 1 cup raisins
- 2 cups instant whole-grain rice
- 1 1/2 tablespoons curry powder

Directions

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

Nutritional info

Calories

440

Total fat

6 g

Saturated fat

1 g

Cholesterol

55 mg

Sodium

410 mg

Total carbohydrates

71 g

Dietary fiber

6 g

Protein

27 g

Total sugar

24 g

Allergens

Dairy

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