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|  | **Ingredients** | | **step** |
| **Curried Chicken Over Spinach** | * 3 boneless, skinless chicken breasts cut into bite sized pieces (6oz each) * 1 1/2 cup chicken stock * 3 cloves [garlic, sliced](http://www.whfoods.com/genpage.php?tname=preptip&dbid=32) * 1 TBS fresh [ginger chopped](http://www.whfoods.com/genpage.php?tname=preptip&dbid=4), or 1/2 tsp dried * 1/2 tsp turmeric * 1 tsp curry powder * 1 medium sized [onion, cut in half and sliced](http://www.whfoods.com/genpage.php?tname=preptip&dbid=25) * 1 medium sized [red bell pepper julienne](http://www.whfoods.com/genpage.php?tname=preptip&dbid=69) about 1 inch long * 1/2 cup coconut milk, make sure it is mixed well before using * 4 bunches fresh spinach * salt & white pepper to taste | 1. Bring water to a boil for spinach. While water is coming to a boil, cut chicken into bite sized pieces. [Healthy Sauté](http://www.whfoods.com/genpage.php?tname=preptip&dbid=8) onion in a medium sauté pan over medium low heat for about 5 minutes stirring frequently. Add garlic and fresh ginger and continue to sauté for another minute. Add turmeric, and curry and mix well. Add stock, chicken, and coconut milk. Simmer for 5 minutes and add bell peppers and other vegetables you desire. Cook until chicken is done, about another 5 minutes. 2. While chicken is cooking, cut ends off the bunch of spinach all at once. Don't bother trying to do it one stem at a time. It will take you too long and it is not necessary. Rinse spinach well and [drop into boiling water](http://www.whfoods.com/genpage.php?tname=preptip&dbid=115) for just 1 minute. Strain and press dry. Season with salt and pepper. 3. Place spinach on plates and top with chicken mixture. | |