

**Chicken, Grilled**

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# **Grilled Curry Chicken Breasts with Spinach**

## **Rice**

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**Servings: 4**

**Preparation Time: 15 minutes**

**Start to Finish Time: 30 minutes**

**Grill Time: 10 minutes**

**1 cup white rice**

**2 1/2 cups baby spinach**

**1 teaspoon salt**

**1/4 teaspoon pepper**

**1/2 teaspoon ground cumin**

**4 boneless/ skinless chicken breast halves**

**2 tablespoons canola oil**

**1 teaspoon curry powder**

Preheat the grill.

Cook the rice according to package directions. Fluff with a fork. Stir in the spinach, 1/2 teaspoon of salt, pepper and cumin. Cook until warm.

Coat the chicken on both sides with oil.

In a small bowl, mix the curry powder and 1/2 teaspoon of salt. Rub the mixture onto the chicken.

Grill the chicken over medium with lid closed for 10 minutes, turning once, or until cooked through.

Serve with the rice.

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Per Serving (excluding unknown items): 232 Calories; 7g Fat (28.5% calories from fat); 3g Protein; 37g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 536mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Fat.