

Thai-Style Chicken Chili

*2 tablespoons sesame oil
1 pound boneless/ skinless chicken thighs, cut into one-inch pieces
1 medium carrot, diced
1 rib celery, chopped
1 teaspoon fresh gingerroot, minced
1 large clove garlic, minced
1 can (28 ounce) diced tomatoes
1 can (13.66 ounce) light coconut milk
1 tablespoon red curry paste
3/4 teaspoon salt
1/4 teaspoon pepper
1 cup frozen shelled edamame, thawed
2 cups fresh baby spinach
1 green onion, minced
1/2 teaspoon grated lemon zest
fresh cilantro leaves
dry roasted peanuts*

In a large saucepan, heat the sesame oil over medium heat. Add the chicken, carrot and celery. Cook and stir until the vegetables are slightly softened, 3 to 4 minutes. Add the ginger and garlic. Cook for 1 minute more.

Stir in the tomatoes, coconut milk, curry paste, salt and pepper. Bring to a boil. Reduce the heat. Simmer, covered, for 10 minutes. Add the edamame. Cook for 5 minutes more. Stir in the spinach, green onion and lemon zest until the spinach is wilted.

Remove from the heat. Top with cilantro and peanuts.

Kick the flavor up a notch by increasing the amount of Thai chili paste.

Stir in a dollop of Greek yogurt to give the chili a super creamy texture.

Per Serving (excluding unknown items): 462 Calories; 40g Fat (72.3% calories from fat); 6g Protein; 29g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 1738mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Vegetable; 1/2 Fruit; 7 1/2 Fat.