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Thai Chicken and Vegetable

- 2 Tsp oil, canola
- 1 Medium pepper, red, bell, cut into 1-to-2 inch long julienne strips
- 1 Medium onion, halved and sliced
- 1 Clove garlic, minced
- 1 Tbsp ginger, fresh, minced
- 1 1/2 Tsp curry paste, red, 1-2 teaspoons, or to taste
- 1 Pound chicken, breast, boneless, skinless, cut into 1 inch cubes
- 1 Cup broth, chicken, less sodium
- 1 Cup coconut milk, light
- 1 Tbsp fish sauce, or reduced-sodium soy sauce
- 1 Tsp sugar, brown, light
- 1 1/2 Cups cauliflower, florets
- 2 Cups spinach, baby
- 1 Tbsp lime juice
- 1 Medium lime, cut into wedges

- 1) Heat oil in a large nonstick skillet over medium-high heat.
- 2) Add bell pepper and onion; cook, stirring often, until beginning to soften, about 4 minutes. Add garlic, ginger and curry paste; stir to mix.
- 3) Add chicken and cook, stirring, until fragrant, about 2 minutes. Stir in broth, coconut milk, fish sauce (or soy sauce) and brown sugar; bring to a simmer.
- 4) Add cauliflower, reduce heat to medium-low and simmer, stirring occasionally, until the chicken is cooked through and the cauliflower is tender, about 10 minutes.
- 5) Stir in spinach and lime juice; cook just until spinach has wilted.
- 6) Serve immediately, with lime wedges.

Makes 4 Servings

