

Curried Chicken with Sweet Potatoes and Cauliflower

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¾ cup nonfat plain yogurt
1 tsp Madras-style curry powder
1 tsp ground coriander
1 tsp ground ginger
1 clove garlic, minced
¾ tsp salt, divided
¼ tsp cayenne pepper
8 boneless, skinless chicken thighs (about 1 ½ lb), trimmed
1 sweet potato (about 1 lb), peeled and cut into ½” cubes
3 cups cauliflower florets (1 small head) or broccoli florets
1 Tbsp extra-virgin olive oil
freshly ground pepper, to taste
¼ cup chopped unsalted dry-roasted peanuts or cashews
¼ cup loosely packed cilantro leaves

- Combine yogurt, curry powder, coriander, ginger, garlic, ½ tsp salt and cayenne in a shallow glass dish; mix to blend. Reserve ¼ cup of this mixture; cover and refrigerate.
- Add chicken to the remaining yogurt mixture and turn to coat. Cover and marinate in the refrigerator for at least 4 hours or overnight.
- Preheat oven to 450 degrees. Lightly coat a large rimmed baking sheet with cooking spray.
- Remove the chicken from the marinade and place on the prepared baking sheet.
- Toss sweet potato with the reserved yogurt mixture in a medium bowl and place on the baking sheet.
- Toss cauliflower with oil in a medium bowl and add to the baking sheet.
- Season vegetables with the remaining ¼ tsp salt and pepper.
- Roast chicken and vegetables, uncovered, for 15 minutes.
- Carefully turn the chicken over and stir the vegetables. Roast until the vegetables are tender and chicken is cooked through, 10 to 15 minutes more.
- Arrange chicken and vegetables on a platter or individual plates and garnish with peanuts (or cashews) and cilantro.



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