Chicken Curry Casserole

GARFIELD ELEMENTARY SCHOOL
Washington, District of Columbia

Our Story

The students of Garfield Elementary School were eager to accept the challenge of the *Recipes for Healthy Kids* Competition. They met to brainstorm ideas. The recipe challenge team developed three recipes which were prepared for the entire school. Based on the student reviews, the team revised the recipes and submitted them to the competition. Chicken Curry Casserole was the winner. This chicken curry recipe originated from a student who was inspired by a favorite dish her aunt makes at home. Chicken Curry Casserole is a dish to warm the heart and please the soul!

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Danielle Schaub, RD (Registered Dietitian, Chartwells-Thompson)
CHEF: Clay Berry (Executive Chef, Chartwells-Thompson)
COMMUNITY MEMBER: Sapna Batheja, MS, RD (Project Manager, American Association of School Administrators)
STUDENTS: Mark K., Carmen J., and Samya C.

Whole Grains

In this traditional, spiced Indian dish, tender chicken strips, fresh carrots, diced celery, and brown rice are tossed in a creamy curry sauce and baked until golden.

Chicken Curry Casserole

Ingredients

1 cup Brown rice, long-grain, regular, dry

1 Tbsp Canola oil

¼ cup Low-sodium chicken broth

¾ cup Fresh celery

1 cup Fresh onions, peeled, diced

1 ¼ cups Fresh carrots, peeled, shredded

1 ½ tsp Curry powder

1 tsp Garlic powder

½ tsp Ground black pepper

¾ tsp Salt

½ cup Low-fat plain yogurt

2 cups Cooked fajita chicken strips, diced 1" (12 oz)

Preparation Time: 15 minutes
Cooking Time: 1 hour 5 minutes
Makes six 1-cup servings

Directions

1. Preheat oven to 400 °F.

2. Combine brown rice and 2 ½ cups water in large pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Set aside. A rice cooker may be used with the same quantity of brown rice and water.

3. In a large pan, heat canola oil and chicken broth over medium heat for 2-3 minutes. Add celery, onions, and carrots. Cook an additional 5-7 minutes or until vegetables are tender.

4. In a large mixing bowl, combine curry powder, garlic powder, pepper, salt, and yogurt. Add vegetables, brown rice, and chicken. Mix well.

5. Pour mixture into a 9" x 9" nonstick baking pan. Bake uncovered at 400 °F for 15 minutes. Heat to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Serve hot.

¾ cup provides 1 ¼ oz equivalent meat/meat alternate, ¼ cup other vegetable, and ¾ oz equivalent grains.

Nutrients Per Serving: Calories **220,** Protein **14 g,** Carbohydrate **26 g,** Dietary Fiber **3 g,** Total Fat **6 g,** Saturated Fat **1 g,** Cholesterol **51 mg,** Vitamin A **3162 IU (158 RAE),** Vitamin C **3 mg,** Iron **1 mg,** Calcium **65 mg,** Sodium **564 mg**