

Sweet Potato Curry

January is the perfect time to find flavorful sweet potatoes, which act as the star of this filling curry dish. Better yet, sweet potatoes count as one of your five vegetable servings per day (white potatoes don't), so you'll be racking up your daily veggie count and warming your body with this easy-to-make curry.

Ingredients

- 2 teaspoons coconut oil
- 1 small yellow onion, finely chopped
- 3 medium cloves garlic, finely chopped
- 2 tablespoons red curry paste
- 1 (2-inch) piece fresh ginger, peeled and finely chopped
- ¼ teaspoon crushed red pepper
- 3 medium sweet potatoes (1 1/2 lbs. total), peeled and cut into 1/2-inch cubes
- 5 small carrots, diagonally sliced 1/2 inch thick
- 1 (15.5-ounce) can no-salt-added chickpeas, rinsed (optional)
- 1 (15 ounce) can no-salt-added crushed tomatoes
- 1 (13.5 ounce) can coconut milk, well shaken
- 1 ½ cups water
- 4 cups loosely packed fresh baby spinach (2 ounces)
- ¼ teaspoon garam masala
- ¼ teaspoon salt
- Hot cooked long-grain brown rice for serving
- Lime wedges for serving

Preparation

Step one: Heat oil in a large saucepan over medium heat. Add onion; cook, stirring often, until lightly browned around edges, about 6 minutes. Add garlic, curry paste, ginger and crushed red pepper; cook, stirring constantly, until fragrant, about 1 minute. Add sweet potatoes, carrots, chickpeas (if using), tomatoes, coconut milk and water. Bring to a boil over high heat, stirring occasionally. Partially cover, reduce heat to low and simmer, stirring occasionally, until the sweet potatoes are tender, 18 to 20 minutes.

Step two: Remove from heat and add spinach, garam masala and salt; stir until the spinach wilts. Let stand for 10 minutes to thicken slightly.

Step three: Divide the curry among 4 bowls. Serve with rice and lime wedges, if desired.

Nutrition (per serving)

Yield 4 servings, 335 calories, 12g Fat, 25g Carbs, 29g Protein

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