

Chicken Curry Casserole

Rating: ★★ ★

Prep time: 15 minutes

Cook time: 1 hour, 5 minutes

Makes: 6 Servings

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.

Ingredients

- 1 cup Brown rice, long-grain, regular, dry
- 1 tablespoon canola oil
- 1/4 cup low-sodium chicken broth
- 3/4 cup Fresh celery
- 1 cup Fresh onions, peeled, diced
- 1 1/4 cups Fresh carrots, peeled, shredded
- 1 1/2 teaspoons curry powder
- 1 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 3/4 teaspoon salt
- 1/2 cup low-fat plain yogurt
- 1 1/2 cups Cooked fajita chicken strips, diced 1" (12 oz)

Directions

1. Preheat oven to 400 °F.
2. Combine brown rice and 2 1/2 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.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	320	
Total Fat	6 g	
Protein	14 g	
Carbohydrates	26 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	564 mg	

MyPlate Food Groups

Vegetables	1/4 cup
Grains	1 ounce
Protein Foods	1 1/2 ounces

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.

Notes

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!

Garfield Elementary School

Washington, District of Columbia

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.

Recipes for Healthy Kids Cookbook for Homes