



# Quinoa? Crusted Katsu Curry with Cauliflower Rice

**Makes:** 4 Servings

“I love to eat good food and I love to play soccer,” says Grayson. “It’s important for me to be able to run fast so I can help my team and make lots of goals—my favorite part! When I played with the Guam National Academy, I needed lots of energy to feel good at practice. I am part Japanese and one of my favorite meals is Katsu Curry Rice. I decided to make a healthy version of it so I could eat what I love but still have lots of energy to run! I love eating this meal with my family.”

## Ingredients

1 sweet potato

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>456</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	1 g
Cholesterol	84 mg
<b>Sodium</b>	<b>316 mg</b>
<b>Total Carbohydrate</b>	<b>54 g</b>
Dietary Fiber	11 g
Total Sugars	11 g
Added Sugars included	0 g
<b>Protein</b>	<b>43 g</b>
Vitamin D	0 mcg
Calcium	134 mg
Iron	6 mg
Potassium	1336 mg

N/A - data is not available

### MyPlate Food Groups

 Fruits	1/4 cup
 Vegetables	1 3/4 cups
 Protein Foods	4 ounces

2 skinless, boneless chicken breasts, halved

2 egg whites

1/2 cup almond or quinoa flour, for dredging

2 cups cooked quinoa

2 tablespoons olive oil or nonstick cooking spray

1 teaspoon minced, fresh garlic

3 carrots, peeled and cut into bite-sized pieces

1/2 cup grated apple

2 cups low-sodium vegetable broth

2 tablespoons curry powder

1 tablespoon reduced-sodium Worcestershire sauce

1 head cauliflower, stem removed and chopped

1 teaspoon garam masala (or coriander seed)

1 teaspoon cumin

1 teaspoon freshly ground black pepper

## Directions

1. **Preheat the oven to 425°F.** Place sweet potato on a baking sheet, poke holes into the sweet potato with a fork, and bake for 45 minutes or until soft when pierced with a fork.
2. **Meanwhile, pound chicken flat to tenderize.** Place egg whites in a wide shallow bowl, and flour and cooked quinoa on plates. Dredge chicken in flour, dip in the egg whites, then in the cooked quinoa, coating well. Place on a large baking sheet and bake in the oven, while the sweet potato is cooking, for 25 minutes or until cooked through.
3. **While chicken and sweet potato are cooking,** in a large

nonstick skillet, warm 1 tablespoon olive oil over medium heat, add the garlic and cook for 1 minute. Then add the carrots and apple and cook for another 5 minutes. Add the broth, curry powder, and Worcestershire sauce. Let simmer for 10 minutes. When the sweet potato is cooked, scoop out the sweet potato and add to the vegetable-curry broth.

4. **Into a food processor**, add the cauliflower and pulse to process into a rice-like consistency. (A hand grater will also work.) In a nonstick skillet, warm the remaining tablespoon oil over medium heat, add the cauliflower rice, and cook for about 5 minutes. Season to taste with garam masala, cumin and pepper.
5. **To Assemble:** Divide the cauliflower rice, quinoa--crusted chicken, and curry broth among the four plates, placing the broth next to the rice. Enjoy!

## Notes

State: Guam

Child's Name: Grayson Giles, 8

**Source:** The 2016 Healthy Lunchtime Challenge Cookbook