



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Pumpkin Coconut Curry

A seasonal twist on comforting red curry is studded with vibrant and crisp vegetables, lean chicken breast and warm spices.

Prep Time: 10 minutes | Cooking Time: 20 minutes | Servings: 6



NUTRITION NOTES

- Packed with antioxidants like beta-carotene and vitamin A, **pumpkin purée** helps protect cells, support immunity, and promote healthy vision. Its natural sweetness adds depth without excess sugar.
- Bursting with anti-inflammatory compounds such as gingerol and allicin, **fresh ginger and garlic** support immune health and digestion while enhancing flavor without added sodium or fat.
- Loaded with vitamin C, fiber, and hydration, **red bell pepper, zucchini, and carrots** work together to support heart health, digestion, and glowing skin. Their bold color signals a powerful mix of antioxidants.
- Rich in lean protein, **chicken breast** helps build and repair muscle while supplying essential B vitamins for energy metabolism. Its mild flavor makes it a satisfying addition to hearty dishes.

Pumpkin Coconut Curry

Printing
Courtesy of:



INGREDIENTS

- 2 tablespoons (30 milliliters) olive oil
- 1 small red onion, diced
- 1 teaspoon fresh garlic, minced
- 1 teaspoon fresh ginger, minced
- $\frac{3}{4}$ teaspoon kosher salt, divided
- $\frac{1}{4}$ teaspoon black pepper, divided
- 1 medium red bell pepper, sliced
- 2 large carrots, peeled and sliced on a bias
- 1 medium zucchini, sliced in half moons
- 1 14-ounce can (400 milliliters) light coconut milk
- $\frac{1}{2}$ cup (120 milliliters) vegetable broth
- $\frac{1}{2}$ cup canned pumpkin puree
- 2 tablespoons red curry paste
- 1 tablespoon pumpkin pie spice
- 2 tablespoons brown sugar
- 8 ounces pre-cooked chicken breast, chopped into bite-size pieces

INSTRUCTIONS

* Carrots red bell pepper, zucchini, and chicken breast. Measure other ingredients & set aside.

Helpful Tip: Can use canned chicken and canned carrots

1. Heat oil in a cast iron skillet or large skillet over medium heat. Add onion and sauté until translucent, about 2 to 3 minutes.
2. Add garlic, ginger, $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon black pepper. Cook another 1 to 2 minutes, stirring occasionally to prevent burning.
3. Add bell pepper and carrots and cook 5 minutes or until vegetables are slightly tender but still crisp. Add zucchini and cook another 2 to 3 minutes until bright green.
4. Add coconut milk, vegetable broth, pumpkin puree, curry paste, pumpkin pie spice and brown sugar, plus the remaining salt and pepper. Increase heat to high and bring to a boil. Reduce to a simmer and cook for 8 to 10 minutes until thickened, to allow flavors a chance to develop.
5. Add chopped chicken and stir until the chicken is warmed through and reaches a minimum internal temperature of 165°F (74°C).

Gluten-Free | Nut-Free | Soy-Free | Egg-Free | High-Protein | Low-Calorie | Low-Sugar

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 6 | Serving Size: $\frac{2}{3}$ cup (200 grams) | Calories: 215

- | | | |
|---------------------|----------------------|----------------|
| • 10 g total fat | • 774 mg sodium | • 11 g sugar |
| • 4 g saturated fat | • 18 g carbohydrates | • 13 g protein |
| • 32 mg cholesterol | • 3 g fiber | |

** Nutrition information is calculated by a registered dietitian using an ingredient database but should be considered an estimate. Recipe sourced from: www.eatright.org*