

Red Curry with Vegetables



Red Thai curry paste, which flavors this dish, is a convenient blend of chile peppers, garlic, lemongrass and galanga (a root that's similar in flavor to ginger). It can pack a lot of heat, so be sure to taste as you go. Look for the curry paste in jars or cans in the Asian section of the supermarket or specialty store. Make it a Meal: Ladle the stew over rice to soak up every bit of the delicious sauce.

Ingredients

- 4 teaspoons canola oil, divided
- 1 14-ounce package extra-firm tofu, rinsed, patted dry and cut into 1-inch cubes
- 1 pound sweet potato, cut into 1-inch cubes
- 1 14-ounce can lite coconut milk
- 1/2 cup vegetable broth
- 1-2 teaspoons red Thai curry paste
- 1/2 pound green beans, trimmed and cut into 1-inch pieces
- 1 tablespoon brown sugar
- 2 teaspoons lime juice
- 1/2 teaspoon salt
- 1/3 cup chopped fresh cilantro
- 1 lime, quartered

Preparation

1. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add tofu and cook, stirring every 2 or 3 minutes, until browned, 6 to 8 minutes total. Transfer to a plate.
2. Heat the remaining 2 teaspoons oil over medium-high heat. Add sweet potato and cook, stirring occasionally, until browned, 4 to 5 minutes. Add coconut milk, broth and curry paste to taste. Bring to a boil; reduce to a simmer and cook, covered, stirring occasionally, until the sweet potato is just tender, about 4 minutes. Add the tofu, green beans and brown sugar; return to a simmer and cook, covered, stirring occasionally, until the green beans are tender-crisp, 2 to 4 minutes. Stir in lime juice and salt. Sprinkle with cilantro and serve with lime wedges.

Nutrition

Per serving: 348 calories; 16 g fat (6 g sat, 4 g mono); 0 mg cholesterol; 41 g carbohydrates; 13 g protein; 7 g fiber; 451 mg sodium; 578 mg potassium.

Nutrition Bonus: Vitamin A (400% daily value), Vitamin C (45% dv), Calcium (25% dv), Iron (15% dv).

Carbohydrate Servings: 2

Exchanges: 2 1/2 starch, 1 vegetable, 1 medium-fat meat, 2 fat

Makes: 4 servings, about 1 1/2 cups each

Active Time: 40 minutes

Total Time: 40 minutes