



## **Chicken with Ginger and Turmeric**

6 to 8 servings

### **Ingredients**

- ¼ cup chopped red bell pepper
- ¼ cup chopped green bell pepper
- 1 tbs. finely chopped red onion
- ½ cup thinly sliced red cabbage
- 2 tsp. grated peeled fresh ginger
- 2 garlic cloves, minced
- 2 pounds skinless, boneless chicken breast halves, cut into (1-inch) pieces
- 2 tbs. chopped fresh parsley
- 2 tsp. ground turmeric
- 1 tsp. salt
- ¼ tsp. paprika
- ½ (10-ounce) package frozen chopped spinach, thawed, drained, and squeezed dry

### **Preparation**

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Add bell peppers to pan; sauté 1 minute, stirring constantly.
3. Add onion; sauté 1 minute.
4. Reduce heat to medium; stir in cabbage, ginger, and garlic.
5. Cook for 3 minutes, stirring frequently.
6. Add chicken and next 4 ingredients (through paprika); cook 5 minutes, stirring frequently.
7. Stir in spinach, and reduce heat to low.
8. Cook 10 minutes or until chicken is done.