# Crock Pot Curry

**Ingredients:**

- 1 medium onion, diced
- 1 pound boneless, skinless chicken breast (about 3 large)
- 2-3 medium potatoes, washed and cut into bite-sized pieces
- 28 oz can whole tomatoes, with juice
- 3 heaping Tbls mild Pataks curry paste (found in most grocery stores)
- 3/4 cup frozen green peas

**Directions:**

Combine all ingredients, except green peas, in crockpot. Stir well. Preparation time is about 20 minutes. Put lid on and cook on high for 5-6 hours or on low for 8-10 hours (depending on how long you are going to be out). When you return home, add frozen peas and stir well. Curry is ready as soon as the peas are warm.

This dish goes nicely served with plain lowfat yogurt, basmati rice and spinach salad.

Makes 4-5 servings.

*Recipe by Heidi Smith, RD.*

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**Nutritional info per serving**

(Recipe makes 4 servings)

*Calories 327, fat 8 g (0.5 g saturated fat), fibre 5 g, carbohydrates 37 g, protein 32 g.*

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**Why use a crockpot?**

Whether you are cooking for yourself or for a family of 6, making use of your crockpot can be a lifesaver for busy people with no time to cook. Instead of eating out or looking for pre-made, quick meals that can easily be less nutritious, use a crockpot. Enjoy a home cooked meal and still manage your busy life!
Meal planning - ideas and tips

In the hustle and bustle of today’s fast-paced society, it’s easy to get into the habit of cooking & shopping less and having a meal repertoire that is far too small. The convenience of restaurant eating can be very tempting! By taking some time and effort to plan your meals, you’ll save money and improve your nutrition. Here are some suggestions to make meal planning easier:

- Make a list of all the meals you eat. This will make it easier to make decisions when you are deciding what to put on your grocery list. You’ll also be able to see if your meal repertoire is lacking in a certain area (e.g. fish recipes, lower fat meal ideas).
- From that list, choose a few meals to make before going to the grocery store. Check your schedule for the next week and see which ones you’ll have time to prepare. Remember that leftovers can be used for subsequent snacks and meals.
- Make a shopping list according to your meal selections. This will be both a time and a money saver! Remember that it is a good idea to always have healthy snacks on hand (e.g. low-fat cheese and whole grain crackers, cereal with skim milk, fruit with yogurt).

Meal Planning will help you:
* Have well stocked cupboards full of healthy foods for meals and snacks
* Increase the variety of food you eat each week
* Eat less high-caloric, take out meals
* Make fewer trips to the grocery store and have less spoilage of food

Sources: Heidi Smith, Article Guelph Mercury, Nov. 2003 and Meal Planning @ www.mealsmatter.org

Crockpots A.K.A slow cookers: ideal for cooking nutritious meals with little effort!
Prepare the meal, then simply “Set it & forget it” until it’s time to eat! Cook a wide range of meals (soups, stews, sauces, chicken & seafood dishes) and vary recipes by altering types and amount of foods and seasoning. (Recipes to search for: crockpot barley casserole, slow cooker fajita stew, crockpot black bean chilli) Try allrecipes.com and search “crockpot”

Tips for Cooking for One: When cooking for one it can be difficult to downsize recipes that are geared to serve families of four. Thinking about the inevitable waste that will occur when fruit/veggies can’t be eaten before they spoil can also be frustrating. However, don’t be discouraged! Here are a few tips to keep in mind when cooking for one:
1. Recycle leftovers— Experiment, try mixing dishes or making a leftover into something new! For example, if you make pasta sauce to have with spaghetti, make extra so that you can use it in a stew or casserole the next night.
2. Make the full recipe and freeze what’s left over. Make sure you divide the portions into single servings and freeze them immediately (in freezer bags or suitable containers). Freezing portions lets you make a full recipe and not get tired of eating the same thing all week long. Your freezer is your friend!
3. Don’t be lazy – People tend to settle for less nutritious meals or those with less variety when they are or cooking for themselves all the time. Instead of feeling unmotivated to cook after a long day, try to get excited about it—mix it up a bit and try new recipes.
4. When you’re shopping, think about convenience – buy some products that are individually wrapped/frozen and have lowfat snacks/ meals on hand (e.g instant oatmeal, low-sodium soups, hummus & carrots, apple & lowfat cheese).
5. Look for cookbooks/recipes that are designed for 1 or 2 people – they are full of new recipe ideas as well as advice and suggestions that may help you with your meal planning tactics.