

Lactose Free Diet

## CHICKEN PEANUT CURRY

2 tbs. extra virgin olive oil  
1 onion, chopped  
3 cloves garlic, minced  
1tbs. curry powder  
1 15 oz. can no salt added diced tomatoes  
½ lb. sweet potatoes, peeled and cut into ½ inch pieces  
¼ c peanut butter  
½ lb. sugar snap peas  
1 lb. boneless chicken breast or thighs cut in ½ in pieces  
¾ tsp. kosher salt  
¼ c chopped roasted peanuts

### Step 1:

In a large, deep skillet heat oil over medium heat, sauté onion in oil until lightly browned, 3 to 5 minutes. Stir in garlic and curry powder and cook for 1 minute. Stir in tomatoes, potatoes and 1 cup water and simmer until potatoes are tender, 5 to 7 minutes.

### Step 2:

In a small bowl, whisk peanut butter with ½ cup hot water. Stir thinned peanut butter into stew. Lower heat to medium low and add chicken and peas to skillet. Gently simmer until chicken is cooked through, about 5 minutes. Season with salt and sprinkle with peanuts.

Serves 4