

Savory Oatmeal – Coconut Curry Delight

Serves 4 - Provides 340 kcal, 32 g Protein per serving

Ingredients

- 2 cups (dry) oats (quick/steel cut/rolled) –per package instructions
- 2 medium carrots (shredded)
- 1 small zucchini (shredded)
- 3 small sweet peppers (or ½ bell pepper)
- ¼ yellow onion
- 1 Tbsp olive oil (or oil of choice)
- 1 can coconut milk
- 2 cups chicken stock (for oats)
- 1 lb boneless/skinless chicken breast
- 1 Tbsp curry powder
- 1 tsp turmeric
- 1 clove garlic
- Salt and pepper to taste
- *Cayenne pepper to bump up the heat!



Instructions

1. Shred carrots and zucchini using cheese grater and set aside.
2. Mince onion and garlic and set aside.
3. In medium pan, heat oil. Add onion and garlic and cook until onions are translucent.
4. Mix in carrots and zucchini and cook for another 2 minutes.
5. Add coconut, curry powder, turmeric, and salt and pepper – stir until well combined.
6. Chop raw chicken breast into bite size pieces and mix into curry.
7. Simmer over medium heat until chicken is cooked thoroughly – stirring occasionally (about 15 minutes).
8. While chicken is cooking, prepare oats according to package (can use chicken stock OR coconut milk in place of water to make oats).
9. Once chicken is cooked thoroughly, pour curry mixture over 1 serving of oats and serve! Garnish with Thai basil, jalapenos or a drizzle of coconut milk as desired for even more flavor.

Nutrition Tips

- Oatmeal doesn't have to be just for breakfast – it is easy to prepare and can be a quick meal option for lunch, dinner, or a mid-day snack!
- Oats are packed with both soluble and insoluble fiber (4 g per serving). Adequate fiber during treatment is important for regular bowel function, especially when taking medications during treatment.
- Turmeric contains the phytonutrient – curcumin – which provides the vibrant yellow color to this dish. Curcumin has been associated with anti-inflammatory and anti-cancer properties!
- Dysphagia (difficulty swallowing) is a common side effect of chemo/radiation to the head, neck, and chest cavity. Shredding and cooking vegetables (like carrots and zucchini), makes them easier to chew and swallow, so you can still reap in the immune enhancing benefits of these phytonutrient-rich foods!

Recipe provided by Courtney Evans, MGH Dietetic Intern 2017