

# Basmati Rice with Kale and Butternut Squash

## Ingredients:

1 pound kale (blanched)

½ lb butternut squash (¾ pieces)

1 cup coconut milk (reduced-fat)

¾ cup water

½ cup basmati rice (uncooked)

¼ cup raisins

1 tsp curry powder

1 tsp salt

Heat skillet to medium low

Add rice and stir for 3 minutes

Add curry powder and stir for 1 minute

Add: squash, raisins, salt, coconut milk

Add: kale, water

Cover and simmer (about 12 minutes)

Remove from heat and leave covered for 5 mins

Enjoy!