

Lamb Curry with Apples

SOURCE: Cooking Light, MARCH 2001 (www.cookinglight.com)

INGREDIENTS:

1 lb lean lamb stew meat, trimmed
1 TBS all-purpose flour
1 tsp vegetable oil
3 C vertically sliced onion
2 tsp curry powder
1 tsp ground ginger
1/4 tsp ground red pepper
1 1/2 C chopped peeled Golden Delicious apple
2 tsp bottled minced garlic
1 (14.5-oz) can diced tomatoes, un-drained
1 (14.5-oz) can low-salt beef broth

DIRECTIONS:

Place lamb in medium bowl - sprinkle with flour, tossing to coat. Heat oil in large nonstick skillet over medium-high heat - add lamb - cook 4 minutes or till browned, stirring frequently - stir in onion, curry, ginger + pepper - cook 5 minutes or till onion is tender - stir in apple, garlic, tomatoes + broth - bring to boil - cover and reduce heat - simmer 15 minutes.

Yield: 4 servings (serving size: 1 1/2 C)

NUTRITION PER SERVING: CALORIES 265 (26% from fat); FAT 7.8g (sat 2.5g, mono 2.9g, poly 1.3g); PROTEIN 25.7g; CARB 22.2g; FIBER 3.6g; CHOL 74mg; IRON 3.4mg; SODIUM 248mg; CALC 67mg