



### Tilapia Coconut Curry

#### INGREDIENTS

- ½ onion
- 2 minced garlic cloves
- 2 cups low-sodium chicken broth
- 14-oz can light coconut milk
- 2 cubed sweet potatoes
- 6-oz can tomato paste
- 1 Tbsp ground ginger
- 1 Tbsp curry powder
- ¼ tsp pepper
- 1 lb tilapia
- 1 ½ cups frozen peas
- Juice of one lime

#### DIRECTIONS

In a pot, heat the onion, garlic, chicken broth, coconut milk, sweet potatoes, tomato paste, ginger, curry, and pepper to a boil. Reduce heat and simmer 20 minutes. Add tilapia, peas, and lime juice; simmer 5 minutes.



EXTENSION

**NUTRITION & FOOD SAFETY**  
**RECIPE OF THE MONTH**  
**OCTOBER**

**Tilapia Coconut Curry**

**Nutrition Facts**

Serving Size: (431g)  
Servings Per Container: 6

**Amount Per Serving**

**Calories** 230      Calories from Fat 60

**% Daily Value\***

**Total Fat** 7g      **11%**

Saturated Fat 4g      **20%**

Trans Fat 0g

**Cholesterol** 40mg      **13%**

**Sodium** 180mg      **8%**

**Total Carbohydrate** 23g      **8%**

Dietary Fiber 5g      **20%**

Sugars 8g

**Protein** 21g      **42%**

Vitamin A 150% • Vitamin C 25%

Calcium 6% • Iron 15%

Vitamin D 25% • Vitamin E 10%

Vitamin K 20% • Thiamin 10%

Riboflavin 10% • Niacin 30%

Vitamin B6 15% • Folate 10%

Vitamin B12 20% • Pantothenic Acid 10%

Phosphorus 25% • Magnesium 15%

Selenium 50% • Copper 15%

Manganese 35%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS: LOW-SODIUM CHICKEN BROTH, WATER, TILAPIA, LIGHT COCONUT MILK, SWEET POTATO, PEAS, NO-SALT TOMATO PASTE, ONION, LIME JUICE, GARLIC, CURRY POWDER, GROUND GINGER, PEPPER