

### Ingredients

Yield: 4 servings

1 small onion, diced  
 1 large sweet potato, peeled, diced into 1" chunks  
 ½ cup chopped parsley  
 1 cup uncooked brown rice  
 1 Tbsp. olive oil  
 3 cloves garlic  
 ¾ tsp. dried spices: cinnamon, turmeric, cumin, coriander, cloves  
 1 can (15 oz) chickpeas, drained and rinsed  
 1 can (15 oz) diced tomatoes  
 1 can (15 oz) light coconut milk  
 salt to taste

### Directions

1. Sauté onion in a large deep skillet with vegetable oil. Cook for 3-4 minutes until soft.
2. **Add** garlic, ginger, and spices and stir.
3. **Add** chickpeas, tomatoes, coconut milk, and diced sweet potatoes.
4. **Turn** heat down to a simmer and cover for 30 minutes. Stir occasionally.
5. **Prepare** the rice during this time as instructed on label or in a rice cooker.
6. **Add** parsley to the curry and serve on top of the rice. Enjoy!



### Coconut Curry

Amount	1 serving
<b>Calories</b>	<b>483</b>
<b>Fat (g)</b>	<b>14.8</b>
<b>Sat. Fat (g)</b>	<b>5.0</b>
<b>Carb. (g)</b>	<b>82.8</b>
<b>Fiber (g)</b>	<b>13.8</b>
<b>Protein (g)</b>	<b>12.5</b>

Allergens: Dairy free, Vegan

### USOC Sport Nutrition Team

Shawn Hueglin, PhD, RD, CSSD  
[shawn.hueglin@usoc.org](mailto:shawn.hueglin@usoc.org)  
 Liz Broad, PhD, AdvSpDiet  
[elizabeth.Broad@usoc.org](mailto:elizabeth.Broad@usoc.org)  
 Alicia Kendig, MS, RD, CSSD  
[alicia.kendig@usoc.org](mailto:alicia.kendig@usoc.org)  
 Susie Parker-Simmons, MS, M.ed  
[susie.parkersimmons@usoc.org](mailto:susie.parkersimmons@usoc.org)  
 Jennifer Gibson, MS, RD, CSSD  
[jennifer.gibson@usoc.org](mailto:jennifer.gibson@usoc.org)

**Maki Ishizu, USOC Intern (author)**



### Nutrient Information

- Sweet potatoes are rich in vitamin A and C. Their bright orange color shows they are packed with beta carotene which acts as an antioxidant and protects cells from damage.
- Chickpeas are a good source of protein and fiber. One cup provides 50% of the Daily Value for fiber.
- The medium chain triglycerides (MCTs), found in coconut milk are plant sources of saturated fat. MCTs effect on health and performance for high performing athletes is still inconclusive, so athletes should consume servings of MCTs in moderation.

### Cooking Tip

Light coconut milk is the full-fat coconut milk diluted with water. To save money, buy a can of full-fat and dilute it with equal parts water.

Add more vegetables to increase in nutritional value. Peppers, squash, and carrots will taste great in this dish.

To increase protein content, add grilled chicken, tofu, or fish.