

# Cooking with Turmeric

## February 2022



### Baked Turmeric Chicken and Rice

Yields: 4 servings

Recipe adapted from [downshiftology.com](http://downshiftology.com)

1 T extra virgin olive oil  
1 medium onion, diced  
4 garlic cloves, minced  
2 tsp ground turmeric  
1 tsp ground ginger or 1 T fresh ginger  
1/2 tsp sea salt  
1/2 tsp ground black pepper  
1/2 tsp ground cumin  
1 can (13.5 oz) coconut milk  
3/4 cup filtered water  
1 1/4 cup long grain white rice, rinsed  
1 large carrot, grated  
1 lime, juiced (about 2 T)  
1.5 pounds boneless skinless chicken thighs  
Large handful of fresh cilantro, roughly chopped

1. Preheat oven to 350 degrees F. Lightly oil a 9 x 13 casserole pan.
2. Heat the oil in a skillet over medium heat. Add the onion and saute for 3-4 minutes until softened.
3. Add the garlic, turmeric, ginger, salt, pepper, and cumin, and stir for another 30 seconds.
4. Add the coconut milk and gently stir until the mixture is smooth. Transfer to the casserole pan.
5. Add the water, rice, carrot, and lime juice to the casserole pan, and stir together.
6. Nestle the chicken on top of the rice mixture. Coat both sides of the chicken with the liquid for more flavor. Cover the pan with aluminum foil and bake for 45-50 minutes, until the rice is tender and the chicken is cooked through.
7. Before serving, fluff the rice with a fork, season the chicken with salt and pepper and sprinkle with fresh cilantro.



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## Ginger Turmeric Dressing

Recipe adapted from [myquietkitchen.com](http://myquietkitchen.com)

Yields: 1 1/4 cups

1/4 cup almond butter  
1/2 cup water  
zest from half a lemon  
3 T fresh lemon juice  
1 T grated fresh ginger  
1 clove garlic  
2 tsp maple syrup  
1 tsp ground turmeric  
1/2 tsp sea salt

1. Combine all ingredients in a blender, and blend until smooth. Taste and adjust salt and lemon as desired. Use immediately or store in a jar tightly cover with a lid for 4-5 days.
2. Serve on salads, roasted vegetables, grilled chicken or fish.

## Easy Ways to use Turmeric in Cooking

1. Add to eggs - egg salad, scrambled eggs, frittata, tofu scrambles
2. Toss with vegetables before roasting
3. Add to rice before it's cooked
4. Add to greens as they are cooking (spinach, kale, collards, etc. )
5. Use it in soups
6. Blend into salad dressings
7. Blend into smoothies
8. Use it to make tea or golden milk