BY HYLA CASS

SERVES 4

- 1 cup organic unflavored, unsweetened coconut milk (pure, no additives)
- 2 pounds chicken, cut into cubes (thighs or breasts, but I prefer thighs as they're more moist)
- 1 cup chopped mushrooms

1 cup chopped broccoli
1 onion, chopped
4–5 cloves garlic, chopped
1 tablespoon curry powder
1 teaspoon minced fresh ginger

1. In a large skillet over medium heat, add the coconut milk, chicken, mushrooms, broccoli, onion, and garlic. Cook for 15 minutes.

2. Add the curry powder and ginger, reduce the heat, and cook for 15 to 20 minutes, or until done to taste. Serve over brown rice.

BRAIN BENEFITS

Mushrooms and their extracts appear to hold many health benefits, including immune-modulating effects. A number of edible mushrooms have been shown to contain rare and exotic compounds that exhibit positive effects on brain cells and may have an anti-dementia/AD effect because of these active compounds.[10]

Curry powder contains curcumin, which has antioxidant, anti-inflammatory, and anti-amyloid activity. In addition, studies in animal models of AD indicate a direct effect of curcumin in decreasing the amyloid pathology of AD.[11]

COOL CUCUMBER SALAD