

Travel the world from the comfort of your kitchen



Even if you're staying close to home, you can still take a sensory vacation through your food! To spice up your meal planning and get a taste of the world from the comfort of your kitchen, try these healthy, delicious, international recipes from all corners of the world.

Craving the Caribbean? Try this poached egg in tomato sauce

This delicious egg dish can be served any time of day—have it for breakfast, brunch, lunch or dinner.



Poached egg in tomato sauce

Makes 1 serving

Calories	Fat	Sat. Fat	Sodium	Carbs	Dietary Fiber	Protein
343	13 g	1 g	264 mg	31 g	6 g	11 g

Ingredients

1 egg, poached
 ½ onion, small
 2 tsp garlic, minced
 ½ bell pepper
 ½ tomato, chopped
 ½ Tbsp olive oil
 Pinch of thyme, rosemary and oregano

Preparation

Sauté onion, garlic, bell pepper and tomato in olive oil. Add a pinch of thyme, rosemary and oregano to taste. Top with 1 poached egg and serve with a piece of whole-wheat bread or tortilla.



Veggie boost:

Add chopped zucchini or eggplant to the sauté.



Flavor boost:

Top with chopped parsley, hot pepper or hot sauce.



Energy boost:

Use an extra egg, top with 1 oz of manchego cheese.

Interested in India? Try this chicken curry with brown rice and raita

This dish is packed with protein and full of the flavors of South Asia.



Chicken curry with brown rice and raita

Makes 1 serving


Calories	Fat	Sat. Fat	Sodium	Carbs	Dietary Fiber	Protein
486	13 g	7 g	620 mg	56 g	7 g	35 g

Ingredients


- ¾ cup brown rice or quinoa
- 3 oz chicken
- ½ cup curry sauce, low sodium
- ½ cup plain low-fat Greek yogurt
- 1 cup (total) cucumber, tomato and onion, chopped

Preparation

Simmer chicken in curry sauce and serve over brown rice or quinoa. For the raita, mix plain yogurt with tomato, cucumber and onion.



Veggie boost:
Add 1 cup of curried eggplant or cauliflower.



Flavor boost:
Sprinkle coriander leaves and cumin into the raita for a bold taste.

Trying to go Tuscan? Capture the fresh flavors of Italy with these grilled chicken kebabs

A Turkish preparation draws on the flavors of Italy for a truly global and delicious meal.



Tuscan-style grilled chicken kebabs

Makes 4 servings

Calories	Total Fat	Sodium	Carbs	Fiber	Protein
213	2.5 g	16 mg	16 g	3 g	31 g

Ingredients

- 1 tsp grated lemon zest
 - 2 Tbsp fresh lime juice
 - 1 Tbsp fresh, chopped rosemary OR 1 tsp dried rosemary (crushed)
 - 2 tsp extra-virgin olive oil
 - 2 clove fresh garlic (minced)
 - 1 tsp dried oregano (crumbled)
 - ¼ tsp crushed red pepper flakes
- 16 whole button or cremini mushrooms (about ½ oz each), ends trimmed
 - 1 medium green bell pepper, cut into 16 pieces
 - 16 cherry tomatoes
 - nonstick cooking spray
 - ½ cup uncooked, instant brown rice
- 1 lb boneless, skinless, all-visible-fat-removed chicken breasts, cut into 16 cubes
 - 1 cup fat-free, low-sodium chicken broth
 - ¼ cup dry-packed sun-dried tomatoes, cut into ¼-inch cubes

Preparation

In a medium bowl (glass, plastic or ceramic, not metal), stir together the lemon zest, lime juice, rosemary, oil, garlic, oregano and red pepper flakes. Add the uncooked chicken pieces. Stir to coat. Cover and refrigerate for at least 15 minutes. The chicken can marinate for up to 8 hours for even more flavor. Turn several times if marinating for more than 30 minutes.

Soak eight 8-inch wooden skewers for at least 10 minutes in cold water to keep them from charring, or use metal skewers. Preheat the grill on medium-high.

Drain the chicken and discard the marinade. Thread the pieces of chicken, mushrooms, bell pepper and cherry tomatoes on the skewers. Lightly spray all sides with cooking spray.

In a medium saucepan, bring the broth and sun-dried tomatoes to a boil over high heat. Stir in the rice. Reduce the heat and simmer, covered, for about 10 minutes. While the rice cooks, grill the kebabs for 2 to 3 minutes on each side (8 to 12 minutes total), or until the chicken is no longer pink in the center and the veggies are tender.

Remove rice from stove and let stand for about 5 minutes. Fluff with a fork. Serve kebabs with the rice on the side.

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