

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## Ginger, Butternut Squash + Turkey Curry

2 tbsp extra virgin olive oil  
2 garlic cloves, minced  
4-inch piece of ginger, minced  
2 tbsp curry powder  
1 can coconut milk  
1½ cup turkey, chicken or vegetable broth  
1½ cups of cubed butternut squash  
1½ cups cooked, leftover turkey meat, diced  
2 large handfuls of spinach, chopped  
1 lime, cut into wedges

In a medium-size pot, heat the oil over medium-high heat. Add the garlic, ginger, and curry powder, stirring frequently until fragrant. Then add the coconut milk, broth, and butternut squash, reducing the heat to medium. Let simmer for about 10 minutes.

Add the cooked, leftover turkey and cook for an additional 5 minutes, just to warm the turkey through. Add the spinach and stir in until it's wilted.

To serve, squeeze the juice of a fresh lime wedge over the curry and enjoy.

Serves 4.



Recipe courtesy of Lynn Ogryzlo  
Photograph courtesy of [www.littlespicejar.com](http://www.littlespicejar.com)

Episode #33: Bloating

Email Lynn with questions or comments at  
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**Because What You Put In Your Body Matters!**