



Recipe: Chicken curry

INGREDIENTS

2 teaspoons ground cumin
1 ½ teaspoons ground coriander
½ teaspoon ground turmeric
½ teaspoon cayenne
½ teaspoon cinnamon
½ teaspoon black pepper
¼ teaspoon ground mustard
¼ teaspoon ground cloves
½ teaspoon salt
1 pound boneless, skinless chicken breasts
2 tablespoons olive oil
1 medium onion, finely chopped
4 cloves fresh garlic, diced or crushed
6 ounces canned, no-salt-added tomato paste
1 cup sour cream
1 medium fresh jalapeño pepper, finely chopped
1 tablespoon minced fresh ginger root
½ cup finely chopped cilantro



DIRECTIONS

1. Mix together all the spices and salt.
2. Place the uncooked, diced chicken in a large bowl and mix with spices until well coated.
3. In a large skillet, heat 1 tablespoon of the oil over medium-high heat, swirling to coat the bottom. Add the spice-coated chicken and cook until browned on all sides. Remove from pan.
4. In the same skillet, heat 1 tablespoon of oil over medium-high heat. Add the onion and garlic and cook about 3 minutes, or until soft, stirring frequently.
5. Return the chicken to the pan and add the tomato paste, sour cream, jalapeño, and ginger root. If the mixture seems dry, gradually stir in a little water as needed. Bring to a boil. Reduce the heat and simmer for 15 minutes, or until the chicken is no longer pink in the center.
6. Sprinkle with cilantro just before serving.

Nutrition Facts: 6 servings, Calories 242; Total Fat 14g; Saturated Fat 6g; Sodium 486mg; Total Carbohydrate 10g; Dietary Fiber 2g; Protein 20g