

CHICKEN CURRY

The Cooks Next Door

2 cooking apples, unpeeled, cored, and diced
1 lg. onion, finely chopped
1-2 Tb. curry powder (according to your taste)
2 Tbs. canola oil
1 tsp. salt
1/4 tsp. black pepper
2 c. chicken breast, cooked and diced
1 1/2 c. chicken broth

Sauté apple, onion, and curry powder in oil in skillet until tender and glazed. Season with salt and pepper. Add in cooked chicken and chicken broth and let simmer for 20-30 minutes. Serve over cooked brown rice or mashed sweet potatoes (try mashing with a little plain yogurt and salt). Top with raisins, craisins, pineapple tidbits, toasted chopped almonds, plain yogurt, and/or toasted coconut.

6 servings