

CURRY CHICKEN IN A POT

Makes 6 servings (1 chicken breast and ½ cup vegetables)

Original recipe by Dionne Taylor (Atlanta)

Ingredients:

- ◆ 6 chicken breast halves, with bones (approx. 5 lb package)
- ◆ 2 Tbsp. curry powder
- ◆ 1½ Tbsp. seasoning salt
- ◆ 1 Tbsp. garlic powder
- ◆ 1 medium yellow onion
- ◆ 1 pint cherry or grape tomatoes
- ◆ 4 cups water

How to make:

Adults: Rinse chicken and remove skin; leave in bone. Cover chicken with curry powder, seasoning salt and garlic powder. Marinate in large, covered pot for several hours in the refrigerator. (Do this in the morning when serving for dinner.)

Adults: Slice the onion by cutting lengthwise then slicing into half-moons.

Kids: In that chicken pot, add the sliced onion, cherry tomatoes and 4 cups water, or until chicken and veggies are just covered with water.

Adults: Cover and bring to a boil over high heat. Reduce heat to medium-high and boil for 5 minutes.

Adults: After the 5 minutes are up, carefully remove cover. Reduce heat to medium and cook 10-12 minutes, or until tender. Serve while hot.

Try this Indian-inspired meal for flavor appeal. It's like a stew.
And stewing is a low-fat cooking method, too.

HEALTHY RECIPE MAKEOVER HOW-TO:



This healthier version uses only white meat chicken. And, to boost flavor and fun, cherry tomatoes are plopped in the pot.

Did you know?

This curry dish is nice served alongside rice. Though steamed brown rice has the most fiber, basmati rice is the most fragrant and tastes best with this richly-flavored dish.

Nutrition Info per serving:

260 Calories, 7 g Carbohydrates, 49 g Protein, 3 g Total fat, 1 g Saturated fat, 120 mg Cholesterol, 2 g Dietary Fiber, 830 mg Sodium, 10% Vitamin A, 25% Vitamin C, 6% Calcium, 15% Iron