

Chicken and Apple Curry



- 8 skinless, boneless chicken breasts
- 1/4 teaspoon black pepper
- 2 medium apples, peeled, cored, and finely chopped
- 2 small onions, chopped
- 1 garlic clove, minced
- 3 tablespoons butter
- 1 tablespoon curry powder
- 1/2 tablespoon dried basil
- 3 tablespoons all-purpose flour
- 1 cup low- sodium chicken broth
- 1 cup rice milk, unenriched

Method Preheat oven to 350 F

1. Arrange chicken breasts in a single layer in a 9" x 13" (or larger) baking dish, adding pepper to taste. Set aside.
2. In a saucepan, sauté apple, onion and garlic in butter over a medium heat until tender.
3. Add curry powder and basil; mix well, and sauté for another minute.
4. Stir in flour, and continue to cook one minute longer.
5. Add chicken broth and rice milk, stirring well. Remove from heat.
6. Pour sauce mixture over chicken breasts; bake for 50 - 60 minutes, or until chicken is done.

Renal and renal diabetic food choices: 4 meat; ½ starch; 1/4 fruit, low potassium
Yield = 8 servings, (1 chicken breast per serving)