

Chicken Curry Recipe



4 servings

Low-Cal | Low-Carb | Low-Cholesterol | Low-Fat

INGREDIENTS

- 1 tbsp olive oil
- 1 medium onion, sliced
- 0.33 cup golden raisins (optional)
- Salt and freshly ground pepper
- 1.5 tsp yellow curry powder, or to taste
- 4 skinless, boneless, chicken breast halves (1-1.5 pounds)
- 1 cup sour cream
- Fresh cilantro or parsley, minced, for garnish

DIRECTIONS

1. Warm the oil in a large skillet over medium-high heat.
2. Add onions, sprinkle with salt and pepper, and cook, stirring occasionally, until translucent (5 min).
3. Turn the heat down to medium, sprinkle with half of the curry powder, and continue to cook for 1-2 min.
4. Season the chicken with salt and pepper to taste and sprinkle on remaining curry powder.
5. Move onion side of the skillet and add the chicken.
6. Cook for about 2 min on each side.
7. Transfer the chicken to a plate.
8. Add the sour cream and stir constantly over medium-low heat until the mixture thickens.
9. Return the chicken to the skillet and cook for a couple more minutes.
10. Serve over rice.



NURTITION FACTS: Calories: 204 Total fat: 7.9g Saturated fat: 4g Cholesterol 13mg Sodium: 90mg Total carbohydrate: 7.8g Dietary fiber: 1g Total sugars: 3.9g Protein: 1.5g

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