

Chicken Madras

Serving size: 1/4th of recipe

Serves: 4

Ingredients:

3 tablespoons tomato paste
Large pinch of ground fenugreek
¼ teaspoon ground fennel seeds
1 teaspoon grated fresh ginger
1½ teaspoons ground coriander seeds
1 teaspoon crushed garlic
1 teaspoon chili powder
¼ teaspoon ground turmeric
2 tablespoons lemon juice
1 teaspoon salt
1¼ cups low sodium vegetable broth

3 tablespoons vegetable oil
2 onions diced
1 pound boneless skinless chicken breast filets, cut into bite sized cubes

2 fresh green chilies, seeded and chopped
1 tablespoon chopped fresh coriander (cilantro) plus extra sprigs for garnish

Directions:

In a mixing bowl, combine the tomato paste, fenugreek, fennel, ginger, coriander, garlic, chili powder, turmeric, lemon juice, salt and vegetable broth. Set aside.

Heat the oil in a wok or large pan. Sauté the onions until the onions are golden. Add the chicken and stir for one minute to seal in the moisture.

Add the tomato and spice mixture. Stir for 2 minutes until well mixed.

Reduce heat and cook for 8 – 10 minutes. Add the chilies and fresh coriander.

Garnish and serve.

Exchanges per serving:

3 Lean Meats, 2 Vegetables, 1 Fat

Nutrients per serving:

Calories: 287

Calories from fat: 135

Total Fat: 15g

Cholesterol: 65mg

Sodium: 238mg

Total Carbohydrate: 12.5g

Dietary Fiber: 3g

Protein: 27g