

Heart Healthy Recipe Exchange

Curried White Meat Chicken

Category: Protein

Description: Main Dish

From the Kitchen of
Sunil P. Soprey

(Image: courtesy Cooking Classy)



Servings:	2
Prep Time:	15 minutes
Total Time:	20 minutes

Ingredients:

1. Two white meat chicken breasts
2. Garlic and Ginger – 2 cloves/pieces
3. 2 tomatoes
4. 2 tsp of turmeric
5. 3 tbsp of olive oil
6. 2 cardamom pods
7. 2 tsp of curry powder
8. 2 tsp of paprika
9. 1 medium size onion
10. 1 cup of water

Directions:

1. In a mortar and pestle, grind all spices together.
2. Cut up tomato, garlic, ginger and onion in small pieces.
3. Heat olive oil in pan.
4. Fry onion, garlic, and ginger pieces.
5. Once cooked, put in tomatoes.
6. In a separate pan, sauté 2 chicken breasts.
7. Once chicken are sauteed, put them into the pan with onions, garlic, tomatoes and ginger.
8. Add spices to the chicken and add water.
9. Simmer for 15 minutes. Add salt to taste.
10. Serve hot with brown rice and salad.

Notes:

As many Hindus are non-vegetarian, it is acceptable to eat chicken, although a plant-based diet is more preferred. Chicken and eggs are both acceptable and cheap sources of protein.

Comments on Nutritional Value (Dr. Divya Selvakumar)

White meat chicken is preferred, as the skin is completely removed. The skin on chicken has a high amount of cholesterol, whereas white meat has no cholesterol. Heart patients and those patients with very high cholesterol should try to eat white meat chicken but decrease their consumption significantly regardless. All animal foods will contain cholesterol, whereas plant foods contain no cholesterol. Chicken curry can be made in a variety of different ways. Turmeric, curry powder, paprika, garlic and ginger have excellent health benefits. Tomatoes contain Vitamin C, a major antioxidant and deterrent of cancer. Turmeric is a bitter spice known for thousands of years in Ayurveda and is an excellent anti-inflammatory and anti-fungal agent. Garlic and onion lower blood pressure, and ginger is a universal herb in Ayurveda with a large variety of functions.