

Chicken Tikka Masala with Rice

*Publix Aprons
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Servings: 4

*2 tablespoons canola oil, divided
1 cup smoked Basmati rice
2 cups water
1/2 tablespoon Kosher salt
1 pound chicken breast tenderloins
1 pound steak-topper vegetables
(mushrooms, onions, bell peppers)
1 can (28 ounce) diced tomatoes in
tomato juice, undrained
2 ounces cream cheese
2 teaspoons ground coriander
1 teaspoon curry powder
1/4 teaspoon crushed red pepper
(optional)
1/3 cup fresh cilantro, coarsely
chopped
1/3 cup presliced green onions*

Preheat a four-quart saucepan on medium-high. Place one tablespoon of oil in the pan. Add the rice. Cook and stir for 1 minute. Add the water and salt. Bring to a boil. Reduce the heat to low. Cover. Simmer for 18 to 20 minutes or until the water is absorbed and the rice is tender.

Preheat a large, nonstick saute' pan on medium-high for 2 to 3 minutes.

Cut the chicken tenders into halves or thirds, if desired. Wash hands.

Place the remaining one tablespoon of oil in the pan. Add the chicken. Cook for 2 to 3 minutes or until browned, turning occasionally. Remove the chicken from the pan. Add the vegetables to the same pan. Cook and stir for 5 minutes.

Reduce the heat to low. Stir in the tomatoes, cream cheese, coriander, curry powder and red pepper. Add the chicken and cover. Simmer for 5 to 6 minutes or until the chicken is 165 degrees, stirring occasionally.

Chop the cilantro. Stir the cilantro and green onions into the chicken.

Fluff the rice with a fork. Serve the rice with the chicken.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 114 Calories; 12g Fat (91.6% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 752mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	114	Vitamin B6 (mg):	trace
% Calories from Fat:	91.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	4.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	12g	Folacin (mcg):	4mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	16mg	% Refused:	0%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	752mg	Vegetable:	0
Potassium (mg):	43mg	Fruit:	0
Calcium (mg):	23mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	2 1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	293IU		
Vitamin A (r.e.):	70RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 114 **Calories from Fat:** 105

% Daily Values*

Total Fat 12g	18%
Saturated Fat 4g	18%
Cholesterol 16mg	5%
Sodium 752mg	31%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein 1g	
Vitamin A	6%
Vitamin C	1%
Calcium	2%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.