

Chicken Curry

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 4

2 cups cooked chicken or turkey, diced
1/2 pound fresh mushrooms, thin sliced
1 tablespoon oil or margarine
1/3 cup onion, chopped
3 tablespoons flour
1 cube chicken bouillon
1/2 teaspoon salt
1 1/2 teaspoons curry powder
1 cup apple, finely chopped
1/4 cup parsley, chopped
3/4 cup skim milk
1 cup water

In a large skillet, saute' the chicken, mushrooms and onions in oil until the chicken is lightly browned on all sides.

Stir in the flour, bouillon cube, salt and curry powder. Add the apple and parsley, then pour in the milk and water.

Simmer, stirring constantly, for 3 minutes or until the apple pieces are tender-crisp.

Serve over rice.

Per Serving (excluding unknown items): 82 Calories; 1g Fat (9.2% calories from fat); 4g Protein; 16g Carbohydrate; 2g Dietary Fiber; 1mg Cholesterol; 668mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 0 Fat.