



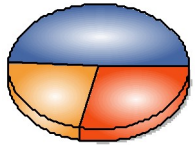
Graeme Thomas Online

Because "Good Enough", Isn't!

<http://graemethomasonline.com>

Low Fat Chicken Curry

Recipe grams: 2336.43g/82.4oz
 Serves 6 389.41g/13.7oz per serving
 Prep time: 45 min. Cook time: 120 min.



Protein: 49%
 Carbohydrates: 23%
 Fat: 28%

INGREDIENTS

- 2 cup ONION, RAW, chopped
- 1 tbsp COCONUT VEGETABLE OIL
- 5 clove GARLIC, RAW
- 2 cup TOMATO, RED, RIPE, STEWED, can
- 1 tbsp SALT, TABLE
- 1 tsp PEPPER, BLACK, GROUND
- 1 tbsp CUMIN SEED
- 1 tsp PEPPER, RED OR CAYENNE
- 2 tbsp GINGER ROOT, RAW
- 1 tbsp CORIANDER LEAF, DRIED (CILANTRO, CHINESE PARSLEY)
- 7 leg CHICKEN LEG, RAW, broiler/fryer, meat only
- 1 tbsp Garam Masala
- 4 cup MUSHROOM, RAW
- 1 cup Greek Yogourt (2% MF)
- 1 tbsp CINNAMON, GROUND

DIRECTIONS

1. Dice onions, then brown in large sauce-pan in coconut oil. Add cinnamon and garlic, continue to brown.
2. Add (all at once):
 - Ginger
 - Diced tomatoes
 - Cumin
 - Coriander
 - Garam Masala
 - Salt
 - Pepper
 - Cayenne (to taste)
3. Clean chicken thighs with lemon juice and water.
4. Brown thighs in mixture until they are cooked.
5. Add 1 cup water and 1 cup greek yogurt.
6. Simmer for at least 30 minutes (the longer it simmers, the more depth of flavour).
7. Remove chicken from bones (discard the skin), add meat back to curry.

Nutrition Facts	
Serving Size: 1 serving (389.4g)	
Servings: 1	
Amount Per Serving	
Calories 300	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	21%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2g	
Cholesterol 125mg	41%
Sodium 1510mg	63%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 38g	
Vitamin A 8%	• Vitamin C 25%
Calcium 15%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet.	