

Chicken Curry

Ingredients

- 4 tsp curry powder
- 1/2 tsp garlic powder
- 1/2 onion powder
- 1 tsp ranch mix
- 8 oz frozen cooked diced chicken
- 8 tbsp chicken stock
- 1 tsp water
- 2 tsp cornstarch
- 1-1/2 cup onion
- 1/4 tsp vegetable oil
- 2 tsp apple cider vinegar
- 1/4 cup cilantro



Directions

1. Toss seasonings with chicken as a dry rub to infuse flavor. Let marinate overnight or for 2 hours in the fridge.
2. Heat chicken stock (with water) and add cornstarch. Stir until thickened and pour over chicken. Heat to 165°F.
3. Julienne onions and toss in oil. Roast in oven for 7 minutes until tender and slightly brown.
4. Toss with vinegar and cilantro then stir into chicken mixture. Serve hot.

Notes

Number of Portions: 4

Serving Size: 1 cup

Nutrition Facts: 107 calories, 2.61 g fat, 0.09 g saturated fat, 119 mg sodium, 7.11 g carbohydrate, 1.91 g fiber, 2 g sugar, 12.92 g protein