



# chicken curry

serves 6

Recipe serves 6—each serving represents:

- 1/2 serving from the Vegetables and Fruit Food Group
- 1 serving from the Meats and Alternatives Food Group
- based on Canada's Food Guide

## Nutrition Facts

Serving Size (1 cup)	
Recipe makes 6 servings	
Amount Per Serving	
<b>Calories 220</b>	
<b>Total Fat</b> 7g	
Saturated Fat 1.5g	
Trans Fat 0g	
<b>Cholesterol</b> 105mg	
<b>Sodium</b> 270mg	
<b>Total Carbohydrate</b> 6g	
Dietary Fiber 1g	
Sugars 3g	
<b>Protein</b> 33g	
Vitamin A 4%	Vitamin C 20%
Calcium 4%	Iron 15%

## ingredients



tomato juice

1 cup  
or  
250ml



medium onion, cut small

1



plain yogurt (natural)

1/3 cup  
or  
85ml



cloves garlic, cut small

4



lemon juice

1tbsp  
or  
15ml



curry powder

2tsp  
or  
10ml



cloves

1/4 tsp  
or  
1ml



chicken pieces,  
skin removed

1.5lbs  
or  
0.75kg



ginger

1tsp  
or  
5ml



cinnamon

1tsp  
or  
5ml



canola oil

1tbsp  
or  
15ml

You are what you eat—so  
stock your kitchen with  
healthy choices.

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1



canola oil



In a pan on medium heat add canola oil.

2

Add first two ingredients to pan.



onion



garlic



3

Cook for 5 minutes.



4

Add the rest of the ingredients.



chicken



tomato juice



yogurt



lemon juice



curry powder



ginger



cinnamon



cloves



5

Stir well.



6



Cover pan with lid.

7

Turn heat down to low.



8



Cook for 50 to 60 minutes.

9

Stir every 15 minutes.



Suggestion: Serve with rice and vegetables.

recipe adapted from  
Multi-Cultural Health  
Brokers, Edmonton