



Exotic Ginger Cumin Chicken

Here's another curry-style chicken dish you can make using ingredients you're likely to have on hand.

MAKES 8 SERVINGS

INSTRUCTIONS

Step 1

In a large saucepan or Dutch oven, heat 2 tsp (10 mL) of the oil over medium high heat. Add half of the chicken and cook for 2 to 3 minutes or until brown. Remove from pan and set aside. Repeat with remaining chicken.

Step 2

Add remaining oil to pan; add garlic, onion and ginger. Reduce heat to medium and cook, stirring constantly, for 4 to 5 minutes or until softened but not brown. Stir in cayenne, coriander, cumin and turmeric; sauté for 1 minute or until fragrant.

Step 3

Stir in stock, tomatoes, tomato paste, sugar and salt; return chicken to pan. Bring to a boil; reduce heat and simmer for 5 minutes or until chicken is no longer pink inside.

Step 4

Stir in yogurt and cilantro, if using; simmer over very low heat for 1 to 2 minutes.

TIPS

Try using canola oil in this and other recipes calling for vegetable oil. Canola oil is high in monounsaturated fat. It is inexpensive and widely available. And because of its neutral flavor, it is an excellent all-purpose oil for baking, cooking and salad dressings.

INGREDIENTS

- 1 tbsp / 15 mL vegetable oil, divided
- 2 lb / 1 kg boneless skinless chicken breasts, cut into bite-size pieces
- 2 tsp / 10 mL minced garlic
- 1/2 cup / 125 mL chopped onion
- 1 tbsp / 15 mL finely chopped ginger root (or 1/2 tsp/2 mL ground ginger)
- 1/4 to 1/2 tsp / 1 to 2 mL cayenne pepper
- 1 tsp / 5 mL each ground coriander and cumin
- 1 tsp / 5 mL ground turmeric
- 1/2 cup / 125 mL chicken stock
- 1 can (19 oz/540 mL) stewed tomatoes
- 2 tbsp / 25 mL tomato paste
- 2 tsp / 10 mL granulated sugar
- 1/2 tsp / 2 mL salt
- 3/4 cup / 175 mL lower-fat plain yogurt
- 2 tbsp / 25 mL chopped fresh cilantro (optional)

Nutrition Information

Per 1 serving
Amount (and % Daily Value)
Calories 192 (6%)

Fat 4.2 g
Saturated 0.9 g
+ Trans 0.1 g
Cholesterol 67 mg (19%)

Sodium 446 mg (3%)
Carbohydrates 9.8 g (5%)
Fiber 1.3 g
Sugars 6.8 g

Protein 28.3 g (3%)
Vitamin A (13%)
Vitamin C (8%)
Calcium (14%)

DIETITIAN'S MESSAGE

Serve this flavorful chicken dish over basmati rice, a long-grain rice grown in India that is aged before it is husked.

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