

CURRIED PINEAPPLE MANGO CHICKEN:

[SERVES 6]

6 SKINLESS, BONELESS CHICKEN BREASTS

5 TSP. OIL

1-1/2 CUPS SLICED ONION

2 TBSP. PEELED AND MINCED GINGER

2 TBSP. CURRY POWDER

1 TSP CINNAMON

1/2 CUP RAISINS

3 TBSP. MANGO CHUTNEY

½ CUP ORANGE JUICE

2 CUPS FRESH PINEAPPLE CHUNKS

SALT AND PEPPER TO TASTE

TOSS CHICKEN BREASTS WITH 2 TSPS. OIL. HEAT SKILLET TO HOT AND SEAR CHICKEN FOR ABOUT 3 MINS. ON EACH SIDE {UNTIL PINK IS JUST GONE} Remove to a plate.

ADD REMAINING OIL AND SAUTE ONION AND GINGER TOGETHER OVER MEDIUM HEAT UNTIL ONIONS ARE TRANSLUCENT AND CARAMELIZED.. ADD CURRY POWDER, CINNAMON, RAISINS, MANGO CHUTNEY, ORANGE JUICE, PINEAPPLE CHUNKS, AND SEASONING TO TASTE, AND HEAT UNTIL IT JUST REACHES A BOIL. RETURN CHICKEN TO SAUCE, STIR, AND COVER FOR ABOUT 2 MINS. SERVE OVER RICE .