

Mango Chicken

Makes 6 servings

INGREDIENTS

- cooking spray
- ½ cup onion diced
- 1 teaspoon crushed garlic (in jar)
- 1½lbs raw skinless chicken breasts cut into strips
- 1 teaspoon curry powder
- 2 tablespoons no-salt-added tomato paste
- 2 teaspoons granulated chicken bouillon (low sodium)
- 2 tablespoons cornstarch
- 1½ cups mango nectar
- 1 x 12½oz can low-fat 2% evaporated milk
- 1 teaspoon imitation coconut extract
- 1 x 15oz can mango slices in natural juice drained



In a non-stick frypan that has been coated with cooking spray sauté onion and garlic for 2 minutes. Add chicken and sauté for 5 minutes or until nearly cooked. Combine curry powder, tomato paste and bouillon with chicken, cook for 1 minute. Blend cornstarch with mango nectar, add to pan. Add milk and coconut extract to pan and stir continuously until sauce boils. Add drained mango slices then serve with boiled rice or pasta. Don't over boil the sauce as the milk may separate.

Variation

Replace canned mango slices with fresh mango flesh or for Apricot Chicken replace mango nectar and canned fruit with apricot nectar and canned apricot halves (in natural juice).

Dietitian's tip

The mango in this recipe provides the carbohydrates for this meal. People with diabetes may like to include a green vegetable with this meal rather than another source of carbohydrates.

Suitable to be frozen for 2-3 weeks.

Nutritional Information

PER SERVE

CALORIES		251
FAT	TOTAL	3.9g
	SATURATED	0.7g
SODIUM		148mg
CARBS		23.5g
SUGAR		20.5g
FIBER		0.8g
PROTEIN		30.8g
GI RATING		Low

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