

### Ingredients:

- 8 skinless, boneless chicken breasts
- 1/4 tsp black pepper
- 2 medium apples, peeled, cored, and sliced
- 1 medium onion, julienne
- ½ oz fresh ginger, minced
- ½ oz garlic, minced
- 3 tablespoons extra virgin olive oil
- 1 tablespoon curry powder, ground
- 1 teaspoon garam masala, ground
- ¼ teaspoon cayenne pepper, ground
- 3 tablespoons all-purpose flour
- 1 cup chicken broth, low sodium
- 1 cup light coconut milk
- 1 oz green onion, thinly sliced (optional)
- ½ oz flat leaf parsley, minced (optional)

### Preparation:

1. Season chicken breasts with pepper to taste. Set aside on a plate to use later.
2. In a large sauté pan, cook onion 3-5 min until tender, add ginger and garlic over a medium heat until you begin to smell the aromas of the garlic and ginger, about 1 minute. Remove ingredients from pan, and reserve.
3. In the same pan, heat the olive oil, searing both sides of the chicken breast until a beautiful golden caramelization is achieved, about 3-5 minutes per side, depending on the thickness of the chicken breasts. Remove from the sauté pan, and reserve.
4. Add the remaining olive oil to the pan, with the apples and cooked onion mixture. Cook until apples are tender. Add curry powder, garam masala and cayenne pepper; mix well, and continue cooking for another minute, until spices are well blended.
5. Sprinkle in the flour, and continue cooking several minutes longer, until flour is absorbed into the apple mixture.
6. Add chicken broth and coconut milk, stirring well. Add seared chicken back to pan, reduce heat to low, and simmer approximately 15-20 minutes or until chicken is cooked through (165 deg). Remove chicken from pan to serving dish.
7. Simmer to reduce pan sauce to desired thickness. Serve each chicken breast with 2 oz of sauce and equal portions of curried apple and onion mixture. Garnish with green onion and parsley.

## Nutrition Facts

Serving Size 6 oz

Serves 8

<b>Calories</b>	253
<b>% Daily Value*</b>	
<b>Total Fat</b> 10.6	14%
<b>Cholesterol</b> 83.4mg	28%
<b>Sodium</b> 170mg	7%
<b>Total Carbohydrate</b> 12.1g	4%
	Sugars 6.2g
<b>Protein</b> 26.6g	53%
• Vitamin A	3%
• Vitamin C	7%
• Potassium	323mg
• Phosphorus	225mg
• Fiber	1.2g

The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice. [POWERED BY NUTRIFOX](#)

### Healthy Chef Suggestions

- *Serve this delightfully flavored dish over 4 oz of your favorite whole grain! Basmati rice, brown rice or couscous, to boost your daily dietary fiber intake!*
- *Use vegetable broth or stock, instead of water to add flavor to your whole grains while cooking! Great boost of flavor and almost no added calories!*

### Substitutions: Don't worry if you don't have an ingredient, substitutions are fine!

- *No extra virgin olive oil? No problem! Substitute with canola oil, coconut oil or even peanut oil. These oils are very similar in calories and can stand up to the high oven temperatures.*
- *No garam masala spice? Try ¼ teaspoon ground cumin and ¼ teaspoon ground all spice; OR substitute entirely with ground Chinese 5 spice!*
- *No coconut milk? Use milk or your favorite non-dairy substitute, unflavored of course!*