

CASHEW CHICKEN

Time: 40 minutes

Serves: 4

Ingredients:

1 cup low-fat plain yogurt
1 large onion – very roughly chopped
 $\frac{2}{3}$ cup cashews
 $\frac{1}{2}$ cup water
2 tablespoons tomato paste
3 cloves garlic – roughly chopped
1 tablespoon lemon juice
1 $\frac{1}{2}$ teaspoons kosher salt
1 teaspoon garam masala
1 teaspoon chili powder
 $\frac{1}{2}$ teaspoon ground coriander
 $\frac{1}{2}$ teaspoon ground turmeric
1 pound boneless-skinless chicken breast – cubed to 1”
1 pound white mushrooms – halved
3 tablespoons raisins
 $\frac{1}{2}$ cup cilantro - chopped

Preparation:

Place the yogurt, onion, cashews, water, tomato paste, garlic, lemon juice, salt, garam masala, chili powder, coriander and turmeric in a food processor and blend for one minute.

Put a pot or deep pan big enough to hold everything on medium heat. Pour in the yogurt mixture and stir in the chicken, mushrooms and raisins. Bring to a simmer then reduce the heat, simmering partially covered for fifteen minutes.

Remove from heat and stir in the cilantro. Serve on its own or over a sauce vehicle of your choice such as spaghetti squash.

Nutritional Information Per Serving:

Calories: 336
Fat: 15g
Carbs: 17g
Fibre: 2g
Protein: 35g