



CARIBBEAN CHICKEN

By Dr. Cindy Tanzar
(Standard)

There are many ways to make Caribbean chicken, all adding plenty of spice to satisfy your longing for flavor. This is an easy recipe that makes great leftovers. It is hearty enough for a comforting winter meal, yet carries the enticing flavors of summer from the Caribbean. It goes well with broccoli, zucchini, sautéed greens or cauliflower rice.

Depending on the weight of your chicken, this recipe contains 4-5 servings (1-lb is 4 servings; 1.25 is servings) One serving covers your protein and fat for one meal. Add 1 cup cooked vegetables and fruit for a complete meal.



INGREDIENTS

- 2 Tbs. organic coconut or avocado oil
- 1 small onion, finely chopped
- 2 cloves garlic, finely chopped
- 1-14oz can crushed tomatoes
- 1-1.25 lbs boneless, skinless chicken breasts, diced
- 2 Tbs. curry powder, or to taste



Pink Himalayan salt & freshly-ground pepper, to taste
1 to 1-1/2 cups canned coconut milk (not cream), mixed well
(depends on amount of sauce, taste and consistency you want)
1/4-1/2 tsp ground cinnamon, or to taste
1-2 Tbs. xylitol or Swerve (to cut acidity, and to taste)

INSTRUCTIONS

Heat oil in a large stainless-steel pan over medium-high heat. Add onion, sautéing until soft and lightly browned. Add garlic and sauté for one minute.

Add tomatoes, chicken, curry powder, salt and pepper. Reduce to simmer, stirring often, and cook about 20 minutes, or until chicken is thoroughly cooked. Add coconut milk, mixing well, and cook an additional 5 minutes. Sprinkle with cinnamon and stir.