

Country Captain Chicken

By Elissa Lorenzen

Ingredients:

Chicken breast

1 14.5 oz can stewed tomatoes

½ onion

¼ cup raisins

¼ cup parsley

1 tablespoon curry powder

½ teaspoon nutmeg

2 tablespoons slivered almonds

Directions:

Place all the ingredients except the chicken and almonds in a skillet and simmer. Add the chicken, cover and simmer for 35 to 45 minutes. Serve over hot rice topped with the almonds.

Elissa Lorenzen is a personal chef and Pilates teacher in Atlanta.