

Chicken Lime Curry and Almonds



Ingredients: Curry powder: 2 tsp. coriander

1 tsp. ground cumin

1/4 tsp. ground turmeric

1/4 tsp. cayenne powder

1 1/2 lbs. organic boneless skinless chicken breast halves

1 clove organic garlic, minced

1/2 organic onion, chopped

1 1/2 tbs. curry powder

2 tbs. organic lime juice

2 cups raw or organic cream

1 cup slivered raw organic almonds

2 tbs. organic coconut oil

Directions: Heat coconut oil in heavy skillet over medium heat, sauté chicken and garlic for 3 to 4 min. on each side until chicken is golden. Transfer to a platter and set aside. Add onion, and curry powder to skillet and sauté about 3 min. or until onions are tender. Add lime juice and cream, stirring occasionally, bring it to a boil. Reduce heat and simmer for 6-7 min. to allow sauce to thicken slightly. Return chicken to skillet and simmer another 1-3 min. or until chicken is heated throughout. Serve sauce over chicken breasts and sprinkle with the slivered almonds.

The curcumin in the spice turmeric has been shown to reduce oxidative damage and relieve symptoms of Alzheimers. Turmeric also aids digestion. The vitamin E in the almonds is another powerful antioxidant that has been shown to reduce the degenerative effects of Alzheimers. Also, the cayenne powder in the curry is good for the heart.