

Cheap Creamy Chicken Curry



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Ingredients

- 2 tablespoons Canola or Vegetable Oil
- 2 Fresh Garlic Cloves, Finely Minced
- 1 Large Yellow Onion, Finely Chopped
- 2 $\frac{1}{2}$ teaspoons Curry Powder
- 2 teaspoons Ground Cumin
- $\frac{1}{4}$ teaspoon Crushed Red Pepper Flakes
- 1 teaspoon Ground Turmeric
- 1 lb. Boneless Chicken Breasts, Cut into 1" Bite Size Pieces
- 1 $\frac{1}{2}$ teaspoons Tomato Paste
- 1 cup Coconut Milk
- 2 teaspoons Kosher Salt
- 1 cup Hot Water (optional)

Method

1. In a wok, heat oil over medium-high heat. Add onions, cook for 6-8 minutes or until transparent. Add garlic and cook for 1-2 more minutes.
2. Stir in cumin, tumeric, 1 teaspoon curry powder, red pepper flakes and 1 teaspoon salt- cook for 1 minute. Add tomato paste. Mix to combine.
3. In ziploc bag, toss chicken pieces in remaining curry powder, season with salt and pepper. Add to wok, and cook for about 5-6 minutes until outside is golden brown.
4. Pour coconut milk into the wok-if coconut milk has separated from the fat, pour the liquid in and add a tablespoon or so of fat until you have the creamy consistency that you desire. Simmer, uncovered, stirring occasionally for 7 minutes or until the chicken is cooked through. Add hot water if there is not enough liquid, because it has cooked down.
5. Serve hot with white rice if desired. Sprinkle with cilantro and a squeeze of lime if desired.

Notes

Melissa's notes – I didn't use the optional hot water (I had enough liquid). I used light coconut milk. Be sure not to skip lime wedges for serving.

Prep

- Prep: 15 Minutes
- Cook: 25 Minutes

Source: food52.com (3 servings)

BBQ Chicken Twice-Baked Potatoes



BBQ Chicken Twice-Baked Potatoes

Ingredients

4 medium sweet potatoes
1 tablespoon extra-virgin olive oil
Kosher salt
Freshly ground black pepper
2 c. shredded rotisserie chicken
 $\frac{1}{2}$ c. barbecue sauce, plus more for serving
2 cloves garlic, minced
 $\frac{1}{2}$ small red onion, thinly sliced into quarter moons
1 small jalapeño, thinly sliced
1 c. shredded smoked Gouda

Method

1. Preheat oven to 375°. Place sweet potatoes on a large baking sheet. Toss with oil and season with salt and pepper.
2. Bake until tender, about 1 hour, depending on size. Let cool slightly, then, using a paring knife, slice along top of each sweet potato and push in both ends to create a well.
3. In a medium bowl, toss chicken with barbecue sauce and garlic. Stuff into sweet potatoes, then top with red onion, jalapeño, and Gouda. Return to oven and bake until cheese is melty and chicken is warmed through, about 15 minutes more.
4. Drizzle with barbecue sauce before serving.

Notes

These twice-baked potatoes are loaded with the makings of a full chicken dinner.

Prep

- Prep: 15 Minutes
- Total Time: 1 Hour 30 Minutes

Source: Delish.com (Servings: 4 | Yield: 4)

Chicken Tikka Masala Pizza



Chicken Tikka Masala Pizza

Ingredients

$\frac{1}{2}$ cup shredded cooked chicken
 $\frac{1}{2}$ cup prepared tikka masala sauce
2 pieces flatbread (naan or pita work well)
 $\frac{1}{4}$ cup crumbled goat cheese
 $\frac{1}{4}$ cup sliced green onions
2 tablespoons sliced almonds

Method

1. Combine chicken and tikka masala sauce.
2. Divide evenly and spread over naan bread. Top each with goat cheese, green onions and almonds.
3. Bake at 400°F, directly on oven rack, for about 8-11 minutes or until bread is crisp. Slice and serve.

Notes

12 WW Freestyle Points

Source: Central Market (Servings: 2 | Yield: 2 pizzas)



Chicken,

Kohlrabi and Cashew Stir Fry

This recipe cooks in a snap, so make sure to prep all your ingredients before you start to stir fry. If you've never used kohlrabi, you're in for a treat. It adds a nice crispness, just like water chestnuts.

Ingredients

3 tablespoons soy sauce
2 teaspoons honey
1 teaspoon cornstarch
1 tablespoon vegetable oil
1 tablespoon finely chopped garlic
1 tablespoon finely chopped ginger
1 lb. boneless, skinless chicken thighs, Trimmed of fat and sliced $\frac{1}{2}$ -inch thick
 $\frac{1}{2}$ teaspoon salt
2 medium kohlrabies, peeled, sliced $\frac{1}{2}$ -inch thick, slice again to look like short French fries
 $\frac{1}{2}$ cup roasted, unsalted cashews
2 green onions, thinly sliced

Method

1. In a cup, mix together soy sauce, honey, and cornstarch. Set aside.
2. Heat a large non-stick frying pan over medium-high heat.
3. Add oil, garlic, ginger, chicken, and salt. Cook and stir until chicken is almost cooked, about 3 minutes.
4. Add kohlrabi and cashews; cook and stir until chicken is cooked, about 4 minutes.
5. Add soy sauce mixture. Cook and stir for 1 minute. Stir in green onions and serve.

Notes

Chicken, Kohlrabi and Cashew Stir Fry Tips:

Sugar can be substituted for honey.

Add red pepper flakes or hot sauce to add a kick.

I use chicken thighs because of their flavour and they don't dry out like chicken breasts do as they cook. That said, if you prefer, you can substitute chicken breasts for thighs, just remember, they'll cook quicker.

Serve with rice or noodles.

To save time, rather than finely chopping garlic and ginger, try finely grating them.

Source: Kary Osmond (4 servings)

Taco Chicken Tortilla Wraps Recipe



Taco Chicken Tortilla Wraps Recipe

Ingredients

- 4 (8-inch) fat-free flour tortillas
- 1 lb. chicken breast tenders
- 1 (1.25-ounce) package 40%-less-sodium taco seasoning mix
- Cooking spray
- 1 cup thin onion wedges
- 2 cups shredded iceberg lettuce
- 1 medium-size tomato, chopped

$\frac{1}{2}$ cup fat-free sour cream

Method

1. Wrap tortillas in aluminum foil; bake at 375° for 10 minutes or until thoroughly heated.
2. While tortillas bake, combine chicken and taco seasoning in a heavy-duty, zip-top plastic bag. Seal bag; shake well.
3. Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot. Add chicken and onion; saute 6 minutes or until chicken is done.
4. Spoon chicken mixture evenly onto tortillas; top evenly with lettuce, tomato, and sour cream. Roll up tortillas, and wrap in unbleached parchment paper, if desired. Serve immediately.

Prep

- Total Time: 15 Minutes

Source: Cooking Light 5-Ingredient 15-Minute Cookbook (4 servings)

[Curried Red Quinoa Salad with Chicken](#)

Curried Red Quinoa Salad with Chicken

Ingredients

- 1 pound boneless skinless chicken breast, cut into 3/4 inch pieces
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup fat-free italian dressing
- 2 teaspoons curry powder
- 1 cup cooked red quinoa

1 large gala apple, cored and thinly sliced

$\frac{1}{4}$ cup thinly sliced red onion

Method

1. Spray medium skillet with nonstick spray and set over medium heat. Sprinkle chicken with salt and cook, turning occasionally, until cooked through, about eight minutes.

2. Meanwhile, combine dressing and curry powder in large bowl. Add kale, quinoa, apple, onion, and chicken; toss to coat.

Notes

We like the look of red quinoa in this salad, but you can substitute white quinoa.

Source: Weight Watchers Love It, Cook It, Eat It (Servings: 4 | Yield: 2 1/2 cups per serving)



Thai-Style Red

Curry Chicken with Vegetables

A combination of fish sauce and brown sugar gives the chicken a complex sweet and savory flavor.

Ingredients

- 1 $\frac{1}{2}$ pounds boneless, skinless chicken thighs, trimmed and cut into 1 1/2-inch pieces
- 3 tablespoons fish sauce
- 2 tablespoons packed brown sugar
- 2 tablespoons vegetable oil
- 2 red bell peppers, cored, seeded, and cut into 1-inch pieces
- 1 red onion, cut into 1-inch pieces
- 2 tablespoons red curry paste
- 1 (14-ounce) can coconut milk
- 2 tablespoons lime juice, plus lime wedges for serving
- $\frac{1}{4}$ cup chopped fresh cilantro

Method

1. Serve with rice. Our favorite fish sauce is Red Boat 40° N Fish Sauce.
2. Combine chicken, 2 tablespoons fish sauce, and sugar in bowl. Heat 1 tablespoon oil in 12-inch nonstick skillet over high heat until shimmering. Add chicken and cook until well browned on all sides and cooked through, 8 to 10 minutes. Transfer chicken to plate and wipe skillet clean with paper towels
3. Add bell peppers and onion to skillet and cook over high heat until crisp-tender and lightly charred, about 7 minutes. Stir in curry paste and remaining 1 tablespoon oil and cook until fragrant, about 1 minute. Stir in coconut milk, bring to boil, and cook until slightly thickened, about 4 minutes. Stir in lime juice, chicken, and remaining 1 tablespoon fish sauce and cook until heated through, about 1 minute. Transfer to platter and sprinkle cilantro over top. Serve, passing lime wedges separately.

Notes

Why This Recipe Works – A combination of fish sauce and brown sugar gives the chicken a complex sweet and savory flavor.
Source: Cook's Country (4 servings)

[Crispy Italian Oven Chicken](#)



Crispy Italian Oven Chicken

This crispy chicken is made in the oven without any breading at all; the only ingredients you need are the chicken, a drizzle of oil, and a sprinkling of spices.

Ingredients

- 2 $\frac{1}{2}$ – 3 pounds bone-in chicken thighs
- 1 tablespoon olive oil
- 1 $\frac{1}{2}$ teaspoons Italian seasoning store-bought is fine
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper

Method

1. Preheat the oven to 400 degrees. Line a large baking tray or half sheet pan with foil and place all the chicken pieces on it, skin side down. Sprinkle with salt, pepper, and spices and flip each piece skin side up. Drizzle a little oil over the skin on each piece of chicken and rub lightly to coat. Sprinkle again with salt, pepper, and spices.
2. Bake for one hour, until most of the fat has rendered out of the chicken and the skin is golden brown and crisp. Remove from the oven and let rest about 5 minutes before serving.

Enjoy!

Source: Barefeet in the Kitchen (Servings: –)

Easy Cashew Chicken



Easy Cashew Chicken

Easy Cashew Chicken – Forget the takeout and cook in with this super easy Chinese-American dish. It's simple, flavorful, and also great the next day if you have any left over.

Ingredients

3 tablespoons Hoisin sauce
 $\frac{1}{2}$ teaspoon chili garlic sauce

3 tablespoons water

1 $\frac{1}{2}$ lbs. boneless, skinless chicken thighs , cut into 1-inch pieces

1 tablespoon cornstarch

salt and pepper

1 $\frac{1}{2}$ tablespoons vegetable oil

1 small sweet onion, cut into 1-inch pieces

4 cloves garlic, minced

2 tablespoons rice vinegar

6 scallions, diced

$\frac{3}{4}$ cup unsalted, roasted cashews

cooked white rice, for serving

Method

1. In a small bowl, whisk together the hoisin, chili garlic sauce, and water. Set aside.

2. In a medium bowl, toss the chicken with the cornstarch until the chicken is coated, season with a few grinds of salt and pepper.

3. In a large nonstick pan, heat the oil over medium-high heat. Saute the chicken, tossing often, until browned and cooked, about 10 minutes. Add the onion, cook for 3 minutes until soft and translucent, stirring frequently. Add garlic and cook for 15 seconds until fragrant. Add the rice vinegar and deglaze the pan, scraping up any brown bits, about 1 minute.

4. Reduce heat to medium-low. Add the hoisin mixture; cook, tossing to combine and warm through, about 1 more minute.

5. Remove from heat and stir in the scallions and cashews. Taste, season with a little more salt and pepper, if necessary. Serve over cooked, hot white rice.

Prep

- Prep: 15 Minutes
- Cook: 15 Minutes
- Total Time: 30 Minutes

Source: Belly Full (4 servings)



Chicken and

Cashew Stir-Fry

Ingredients

- 1 bunch scallions
- 1 lb. skinless boneless chicken thighs
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- 3 tablespoons vegetable oil
- 1 red bell pepper, chopped
- 4 garlic cloves, finely chopped
- 1 $\frac{1}{2}$ tablespoons finely chopped peeled fresh ginger
- $\frac{1}{4}$ teaspoon dried hot red-pepper flakes
- $\frac{3}{4}$ cup reduced-sodium chicken broth
- 1 $\frac{1}{2}$ tablespoons soy sauce
- 1 $\frac{1}{2}$ teaspoons cornstarch
- 1 teaspoon sugar
- $\frac{1}{2}$ cup salted roasted whole cashews

Method

1. Chop scallions, separating white and green parts. Pat chicken dry, then cut into 3/4-inch pieces and toss with salt

and pepper. Heat a wok or 12-inch heavy skillet (not nonstick) over moderately high heat until a drop of water evaporates immediately. Add oil, swirling to coat, then stir-fry chicken until golden in places and just cooked through, 4 to 5 minutes. Transfer to a plate with a slotted spoon. Add bell pepper, garlic, ginger, red-pepper flakes, and scallion whites to wok and stir-fry until peppers are just tender, 5 to 6 minutes.

2. Stir together broth, soy sauce, cornstarch, and sugar, then stir into vegetables in wok. Reduce heat and simmer, stirring occasionally, until thickened, 1 to 2 minutes. Stir in cashews, scallion greens, and chicken along with any juices accumulated on plate.

Prep

- Active: 20 Minutes
- Total Time: 25 Minutes

Source: Epicurious (4 servings)