## **Curried Chicken or Turkey**

Mrs. Dean M. Mosely River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 6

6 tablespoons oil 1 medium onion, chopped 2 tablespoons bell pepper, chopped 4 tablespoons flour 1 1/2 cups chicken or turkey broth 1 1/4 cups sliced mushrooms OR one six-ounce can of mushrooms 1 1/2 to 4 teaspoons curry powder 3 cups cooked chicken or turkey, cubed 1 tart apple, cored and diced 1 can (5 ounce) water chestnuts, drained and sliced 3 tablespoons pimiento, chopped 1 tablespoon parsley, chopped salt (to taste) pepper (to taste) **CONDIMENTS** chopped salted peanuts chutney chopped green onions toasted shredded coconut

Heat the oil in a large casserole. Saute' the onion and bell pepper until soft. Stir in the flour. Cook for a moment, then blend in the chicken broth and the mushrooms (if you used canned mushrooms, add their liquid.) Simmer the mixture for 15 to 20 minutes.

Stir in the curry powder and check the seasoning by tasting.

In a large bowl, mix the chicken pieces, apple, water chestnuts, pimiento, parsley, salt and pepper. Add this mixture to the sauce and heat slowly, simmering for 10 to 15 minutes over lowest heat.

Serve over saffron rice.

Place the condiments in small bowls on the table and let everyone help themselves.

(This dish can be made ahead and heated before serving - it improves the flavor.)

Per Serving (excluding unknown items): 163 Calories; 14g Fat (74.9% calories from fat); 1g Protein; 9g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 3 Fat.

Chicken

India relish

chopped hard-boiled eggs candied or preserved ginger

## Day Camina Mutritional Analysis

Calories (kcal): % Calories from Fat: % Calories from Carbohydrates: % Calories from Protein: Total Fat (g): Saturated Fat (g):	163 74.9% 22.5% 2.6% 14g 2g	Vitamin B6 (mg): Vitamin B12 (mcg): Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg): Niacin (mg):	.1mg 0mcg .1mg trace 9mcg trace
Monounsaturated Fat (g): Polyunsaturated Fat (g):	8g 3g	Caffeine (mg): Alcohol (kcal):	0mg 0 ი ი%
Cholesterol (mg): Carbohydrate (g): Dietary Fiber (g):	0mg 9g 2g	Food Exchanges Grain (Starch):	1/2
Protein (g): Sodium (mg):	1g 3mg	Lean Meat: Vegetable:	0 1/2
Potassium (mg): Calcium (mg):	97mg 14mg	Fruit: Non-Fat Milk:	0
Iron (mg): Zinc (mg): Vitamin C (mg):	1mg trace 7mg	Fat: Other Carbohydrates:	3
Vitamin A (i.u.): Vitamin A (r.e.):	117IU 11 1/2RE		

## **Nutrition Facts**

Servings per Recipe: 6

Amount Per Serving			
Calories 163	Calories from Fat: 122		
	% Daily Values*		
Total Fat 14g Saturated Fat 2g Cholesterol 0mg Sodium 3mg Total Carbohydrates 9g Dietary Fiber 2g Protein 1g	21% 8% 0% 0% 3% 6%		
Vitamin A Vitamin C Calcium Iron	2% 12% 1% 5%		

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.