

Calcutta Chicken

with Apple-Pepper Relish

Submitted by: Edwina Gadsby, Brunswick, GA



4 Servings

- 4 Pilgrim's Pride boneless, skinless, split chicken breasts
- 2 tablespoons vegetable oil
- 1/4 cup frozen apple juice concentrate, thawed
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger or 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cumin

Sauce:

- 1 cup plain low fat yogurt
- 1/2 cup mango chutney, chopped
- 2 teaspoons lemon juice
- 2 teaspoons curry powder

Apple-Pepper Relish:

- 1 cup finely chopped tart green apple, unpeeled
- 1/3 cup finely chopped red bell pepper
- 1/3 cup finely chopped red onion
- 2 teaspoons finely chopped mint leaves
- 1 tablespoon each lemon juice and honey

Place chicken in shallow non-metallic dish. Combine oil, apple juice, garlic, ginger, and cumin in a 1-cup measure and pour over chicken. Cover and refrigerate 20 minutes, turning once.

To make sauce, place yogurt, chutney, and lemon juice in a small bowl. Stir to combine and set aside. Place curry powder in a small, dry skillet over medium heat. Toast curry powder just until fragrant, about 1 minute. Add toasted curry powder to yogurt mixture and stir to combine. Cover and refrigerate until serving time.

To make relish, place apple, red pepper, onion, mint, lemon juice and honey in a small bowl. Stir to combine and set aside.

Remove chicken from marinade, discarding marinade, and place in a large non-stick skillet. Cook over medium heat until lightly browned and no longer pink inside, about 10 to 12 minutes. Remove chicken to a serving platter, top each piece with relish and spoon a small amount of sauce over top. Pass remaining sauce separately.