



## **SPUR RECIPE- MARCH**

### **Baked Creamy Chicken Curry**

#### **INGREDIENTS:**

5 to 6 granny smith apples, peeled and cut into wedges

4 to 5 lbs of boneless, skinless chicken thighs

16 oz bag of baby carrots, petite cut

28 oz can of diced tomatoes, any flavor (or use 2/14.5 oz cans)

2 cups of apple cider

2 tbsp of curry powder

4 to 5 garlic cloves, minced

1 ½ cups of Greek yogurt, low fat (plain) (or use 2 six oz containers)

#### **INSTRUCTIONS:**

Preheat oven to 350. Spray a large baking dish (ie 13 x 9) w/ cooking spray. Add chicken, apples, and carrots to baking dish. Sprinkle w/ salt/pepper. In a bowl mix tomatoes, curry, cider (or apple juice) & garlic. Pour over chicken, apples & carrots in dish. Cover with foil and cook for about 40 minutes, or until chicken is cooked through and carrots and apples are fork tender. Remove from oven and let cook slightly, then stir in yogurt.

**Side:** 1 lb fresh green beans, washed and trimmed

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