

David's Mango Chicken

- 3-4 boneless, skinned chicken breast halves
- 1/2 cup grated carrot (optional)
- 1/2 cup cashew pieces
- 1 15 oz. can of coconut milk
- 1 10 oz. package of frozen mango (fresh if available)
- 1 cup plain yogurt
- 1 tablespoon graham masala powder (or to taste)
- 1 teaspoon grated orange peel
- 1/2 cup of mango jelly (or substitute low-sugar apricot preserves)
- 1/2 cup finely chopped fresh cilantro leaves or cinnamon for garnish (optional)
- Salt and Pepper (optional)

NOTE: Serve on steamed black rice or basmati brown rice alongside steamed broccoli.

Wash chicken, pat dry, salt and pepper if desired, then bake. When chicken is done, let it cool and then pull it using two large forks.

Thaw frozen mango, if using frozen fruit. If using fresh mango, peel and cut fruit away from the core. Chopp (not dice) the mango into fairly small pieces.

While the chicken bakes, sauté the carrot (if used) in a little coconut oil in a large skillet. Reduce heat to simmer and add coconut milk and blend, if needed, using a whisk. Add the graham masala and grated orange peel and stir in with whisk. Add the mango jelly and whisk in until everything is well blended. Add chopped mango pieces and chashews. Add the chicken and mix thoroughly with the sauce. Cover and let simmer until well heated. Before serving stir in the yogurt and add the garnish, if using.

Hot naan (flat bread that looks similar to pita bread) served with a fig or date based chutney goes well.