

# Low-Point Curry Chicken with Couscous

## Ingredients:

- 4, 4 oz. skinless, boneless chicken breast, chopped
- 1 Tbs butter, Land O Lakes Light with Canola
- 1/4 cup onion, chopped
- 3 Tbs flour
- 1 cup chicken broth
- 1/3 cup half and half cream
- 1 Tbs curry powder
- 1/2 tsp. salt
- 1/4 tsp. ground ginger
- 1/8 tsp. cayenne pepper (optional)

Heat large skillet over medium-high heat. Melt butter and add onion. Saute' until onion has softened and turns translucent. Stir in flour, chicken broth, and half and half, cooking until sauce starts to thicken. Add curry powder, salt, ground ginger, and cayenne pepper. Stir and then add the chicken and cook until chicken is no longer pink in the middle. Cook couscous as directed and serve curry chicken over rice. Enjoy!

Total servings - 6 (1/2 cup servings)

Serving size - 1 (1/2 cup)

Points per serving - 3

Serve 1/2 cup chopped curry chicken over 1/2 cup couscous and the total points would be 7.

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"Understanding comes when you're ready for clarity." - Anonymous***