

Quick and Tasty Chicken Curry

1 onion chopped
2 chicken breasts, thawed, chopped
1 tsp. Olive oil
1 can coconut milk
1 tsp. Curry powder (or to taste)

Add olive oil to frying pan. Add chopped chicken and onions and stir fry til cooked. Add coconut milk and curry powder – Voila! It tastes amazing!

Serve with steamed vegetables.

Note: Coconut oil has tainted reputation from old studies and outdated information. Coconut milk and oil has health benefits including immune function, weight, digestion and more, for research links and info, visit: <http://coconut-info.com/links.htm>

Low Glycemic, Gluten- Free,

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