



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

September 1<sup>st</sup>, 2015 Cooking Class

Featuring

**Melissa Rakvica**

**Owner of Fit-n-Fresh Catering**

***Fit N' Fresh Slow Cooker  
"Butter" Chicken***

**Serves 4-6**

**Ingredients:**

- 1.5 lbs. organic chicken breast, cut into chunks
- ½ onion, diced
- 1 Tbsp. Lemon Olive Oil (D'Avolio's)
- 3 garlic cloves, minced
- 1 Tbsp. ginger paste
- 2 tsp. yellow curry powder
- 2 tsp. cayenne pepper
- ¼ tsp sea salt
- 6 oz. tomato paste
- Whole grain naan or brown rice to serve

Nutrition Facts	
Serving Size: 1 serving (194.9g)	
Servings: 1	
Amount Per Serving	
Calories 220	Calories from Fat 60
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	% Daily Value*
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 1g	6%
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>29%</b>
<b>Sodium</b> 440mg	<b>18%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 3g	12%
Sugars 5g	
<b>Protein</b> 31g	
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Vitamin A 10%	• Vitamin C 15%
Calcium 2%	• Iron 8%
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

**Directions:**

1. In blender, combine all ingredients except chicken and onions, and pulse until smooth
2. Add chicken and onion to the slow cooker and pour sauce and onions over it
3. Cook on high heat for 4 hours or slow for 6 hours
4. When done, chicken should be easily "pulled" with a fork
5. Serve with naan bread or brown rice



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