

APPLE AND CHICKEN CURRY



1 cup long grain rice	1 t. cumin	dash nutmeg
1 lg. clove garlic	1.2 t. coriander	dash cardamom
2 med. onions	1.8 t. turmeric	$\frac{1}{8}$ t. salt
olive oil	$\frac{1}{8}$ t. cinnamon	black pepper
4 apples, sliced	dash of cloves	$\frac{1}{8}$ t. hot pepper flakes
3 chicken breasts	1 cup chicken broth	1 T. cornstarch
1 t. lime juice	curry powder to taste	

Sauté garlic and onions in olive oil. Add sliced apples and spices. When onions are soft, push to side and add chicken. Mix cornstarch with small amount of broth. Add cornstarch, broth and lime juice. Cook until chicken is done. Serve over rice with yogurt.