

**Recipe by Susan Irby, CFNS, CFH, creator of The Bikini Chef®, special to DementiaSherpa.com.**

**NOTE:** Make this recipe as a quick and easy finger food by using chicken tenders in place of chicken breasts or slice the chicken breast in to “tender-size” strips. Serves 8 as an appetizer.

### **Coconut Curry Chicken**

*Serves 4*

1/2 teaspoon cumin  
1/2 teaspoon curry powder  
2 whole dried chilis  
1/4 cup coconut milk  
2 tablespoons minced fresh ginger root  
2 garlic cloves  
2 tablespoons chopped fresh cilantro leaves  
Fine zest of 1 medium orange  
4 4-ounce boneless, skinless chicken breasts  
1 tablespoon grapeseed oil

In a large Ziploc, or similar, bag, place all ingredients EXCEPT grapeseed oil and chicken. Seal and squish the bag until ingredients are well mixed. Add chicken and massage to coat. Marinate in the refrigerator for at least 30 minutes or overnight. Remove bag about 30 minutes before cooking.

Heat oil in a medium non-stick skillet over medium heat. Add chicken along with the marinade. Cover and cook 10 – 15 minutes or until chicken is cooked through, turning once, halfway through cooking. Serve with a delicious black rice or cooked quinoa.

### **Nutrition:**

*Serving size: 4 ounces chicken*

Calories: 286

Fat: 15.5g

Saturated fat: 5.8g

Cholesterol: 101mg

Sodium: 101mg

Potassium: 340mg

Carbohydrates: 2.0g

Fiber: 0.5g

Sugars: 0.6g

Protein: 33.4g

**NOTE: These tips and recipes are not meant to diagnose or cure disease and health conditions. As with any change in diet, consult your doctor for specific guidelines.**