

Curried Chicken

Chicken breast, cut into bite sized pieces

½ t salt

2 t chives

3 t ground thyme

1 T oil

1 medium onion

2 garlic cloves minced

1 T curry Powder

Mix spices except curry, 1 T oil and chicken in a ziplock bag toss to coat. Can make right away but better if you let sit in spices for a little while. Brown chicken in skillet add chopped onion and curry. Top with enough water to cover. Let simmer for 20 to 30 min or until done. Add Cornstarch to thicken.

<http://www.lincolntent.com/GFCF-Poultry.html>