

## CHICKEN VEGETABLE CURRY

2 1/2 cups water or chicken broth  
4 oz chicken breast cut into bite size pieces <sup>1</sup>/<sub>4</sub>c  
chopped onions  
1 tsp. minced fresh ginger  
2 tbs. flour  
1 cup skim milk  
1 cup chopped carrots  
1 tbs curry powder

1 cup broccoli florets  
1 tsp lemon juice  
1 1/2 tsp sponda  
1 tsp cornstarch  
1 tbs. water  
salt optional  
1/2 cup chopped scallions

Bring one cup water or broth to a boil in large skillet  
Add chicken and simmer 2 minutes or until done  
Remove chicken and set aside  
Add onions and ginger to broth - cook one minute  
Sift flour through a fine sieve into skillet - cook stirring constantly for one minute  
Slowly add milk and remaining water or broth - cook stirring constantly until mixture begins to thicken  
Add carrots and curry powder - cook for 5 minutes  
Add broccoli - cook for 3 minutes  
Add lemon juice, sugar and reserved chicken  
Mix cornstarch and water in a cup - add to sauce - cook stirring constantly 1-2 minutes  
Add salt to taste - stir in scallions  
Serve over hot basmati rice

Makes about 4 cups sauce

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