

## Chicken with Tomatoes, Honey, and Cinnamon

In a Dutch oven or large, heavy pan, heat the olive oil over medium-high heat. Saute the onion until golden, about 6 minutes. Remove the onion with a slotted spoon and transfer to a plate. Add the chicken and saute, turning frequently, until browned on all sides, about 8 minutes. Transfer the chicken to the plate with the onions and set it aside. Add the water to the pan and bring to a boil, scraping the bottom of the pan with a wooden spoon to loosen any browned bits of chicken. Add the tomatoes and cook over medium heat, stirring often for about 8 minutes, until soft. Stir in the turmeric, cinnamon, ginger, honey, and salt. Return the chicken and onion to the pot, cover tightly, and gently simmer over low heat for about 50 minutes, until the chicken is very tender. Serve hot.

2 T	olive oil
1	large onion, finely chopped
2	(1 1/4 pounds total) skinless chicken breasts with ribs, halved
1/2 C	water
2 1/2 lbs	ripe plum tomatoes, peeled, seeded, and chopped
1/4 t	ground turmeric
1 t	ground cinnamon
1 t	ground ginger
3 T	honey
1/2 t	salt, or to taste

  
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OF THE HEART

## Heart Healthy Recipe Because MHS s You

Subtle notes of cinnamon, honey, and ginger enliven this unpretentious chicken and tomato dish. Try it along side braised collard greens, broccoli, cherry tomato, watercress salad, and brown rice.

### Makes 4 servings/per serving:

Calories	256
Total Fat	9g
Saturated fat	1g
Carbohydrates	30g
Protein	19g
Dietary Fiber	4g
Sodium	362mg

  
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