

## *Diet for a Pain-Free Life*

Websites: [www.tampamedicalgroup.com/](http://www.tampamedicalgroup.com/)

[www.ipainfreediet.com/](http://www.ipainfreediet.com/)

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### **Simply Poultry**

#### **Persian Chicken**

##### **Ingredients**

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1½ pounds skinless, boneless chicken breasts, thighs or drumsticks
- 1½ teaspoon turmeric
- 1 teaspoon cinnamon
- 1 teaspoon cumin
- ½ teaspoon nutmeg
- 1/3 cup walnuts, minced or ground to thicken sauce
- 1 cup pomegranate juice

##### **Directions**

Heat the oil in a large skillet. Brown the chicken on both sides and transfer to a plate. Add spices and chopped onion to the skillet, and cook until the onion is soft. Add the chicken, walnuts and pomegranate juice to the skillet and stir. Simmer for 25-35 minutes, until chicken is cooked and sauce has thickened slightly. Serve over brown rice with a mixed green salad and fresh vegetable.

Serves 4-6

