

## CHICKEN MOLE'

2 T. oil  
1 chopped onion  
1 chopped green pepper  
1 minced garlic clove  
1 T. sugar  
1 T. chili powder  
1 t. cumin

16 oz. canned tomatoes  
1/2 t. salt  
3 T. cocoa powder  
1 3-lb. cut up chicken,

no skin

2 c. cooked rice  
1-1/2 t. cornstarch  
1 T. cold water

Microwave first 4 ingredients covered on high 3 to 4 minutes. Combine next 6 ingredients in bowl and stir into vegetables. Add chicken and stir. microwave covered on high 20 minutes, rearranging once or twice. Let stand 10 minutes. Remove chicken. Combine cornstarch and water and stir into sauce. microwave uncovered on high 3 to 4 minutes, until thickened, stirring once. Spoon over chicken and microwave to heat for 1 minute on high. Makes 4 servings at 405 calories each.

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