

Tandoori Chicken with Rice

Entrée

Serves 6

Tandoori chicken is packed with flavor from various spices, but isn't necessarily hot. Make it a meal and serve with steamed broccoli and a cold glass of milk

Ingredients

- 1 cup plain fat-free yogurt
- 1/2 cup lemon juice
- 1/4 teaspoon salt
- 2 tablespoons fresh garlic, minced
- 1 tablespoon paprika
- 1 teaspoon yellow curry powder
- 1 teaspoon ground ginger
- 1 teaspoon crushed red pepper flakes (use 1/2 teaspoon for milder heat)
- 1 1/4 pound skinless, boneless chicken breasts, cut into 1-2 inch pieces
- 6 bamboo skewers, soaked in water for at least 15 minutes
- 3 cups cooked brown rice

Preparation

Preheat oven to 400°F. Combine yogurt, lemon juice, salt, garlic, paprika, yellow curry powder, ginger and red pepper flakes in a small bowl and mix well.

Skewer an equal amount of chicken pieces onto each of the soaked skewers. Place chicken skewers in a shallow casserole dish. Add half of the yogurt mixture, reserving the remainder. Cover and chill for about 15 minutes.

Spray a rimmed baking sheet with cooking spray. Place chicken skewers on prepared baking sheet. Discard the yogurt marinade.

Bake for 15-20 minutes or until juices run clear when meat is pierced. Serve with reserved sauce and brown rice. Also, try grilling the chicken skewers over medium-high heat for 3-5 minutes per side.

Nutrition Information

Per serving: 251 calories, 2 g total fat, 0.5 g saturated fat, 196 mg sodium, 30 g carbohydrates, 1 g fiber, 27 g protein, 108 mg calcium

Provided by:
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