

Chicken

Tandoori-Spiced Chicken

Cooking Light

Servings: 4

Preparation Time: 31 minutes

Start to Finish Time: 2 hours 21 minutes

MARINADE

1 1/2 cups plain 2% reduced-fat Greek yogurt

2 tablespoons onion, grated

1 tablespoon peeled fresh ginger, grated

1 tablespoon canola oil

1 teaspoon ground cumin

1/2 teaspoon ground red pepper

1/4 teaspoon ground turmeric

3 cloves garlic, minced

INGREDIENTS

4 6-ounce boneless/skinless chicken breast halves

1/2 teaspoon salt

cooking spray

Combine first eight ingredients in a heavy-duty zip-top plastic bag. Add chicken to bag; seal. Marinate in refrigerator for 2 hours, turning occasionally.

Place a small roasting pan in oven. Preheat broiler to high.

Remove chicken from bag; discard marinade. Sprinkle both sides of chicken evenly with salt. Place chicken on preheated pan coated with cooking spray. Broil in lower third of oven for 15 minutes or until done, turning after 7 minutes.

Per Serving (excluding unknown items): 38 Calories; 4g Fat (81.6% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 268mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.