

TANDOORI STYLE CHICKEN



Ingredients

Servings: 12

- 3 garlic cloves, peeled
- 1 1/2 cups fresh cilantro, chopped
- 1 1/2 jalapenos, chopped
- 3 ounces fresh ginger root, minced
- 3/4 red onion, diced
- 1 1/2 cups plain yogurt, fat-free
- 1 tablespoon cumin, ground
- 1 tablespoon coriander, ground
- 1 1/2 teaspoons kosher salt
- 3/4 teaspoon turmeric
- 3/8 teaspoon cayenne pepper
- 1 1/2 teaspoons olive/canola oil, 90/10 blend
- 4 1/2 pounds boneless, skinless chicken breasts, raw

- In a food processor, process the garlic until smooth. Add the cilantro, jalapeno, ginger and onion; pulse until coarsely chopped.
- Add the yogurt, cumin, coriander, salt, turmeric and cayenne pepper. Combine with the oil and scrape down the sides. Transfer to a large bowl or plastic storage bag.
- With a sharp knife, cut each chicken breast in half and score each one; this will help the marinade absorb into the meat. Submerge all of the chicken into the marinade, turning to coat. Marinate for 4 to 24 hours.
- When you are ready to cook the chicken, heat the oven to 400 F, place the chicken on a baking sheet, drizzle with oil and bake for 30 to 40 minutes until the internal temp reaches 165 F.

Side dishes

- Rainbow Fruit Salad
- Basmati Rice With Peas

