

Tandoori Chicken

Ingredients:

| | | |
|------------------------------------|---------------------------------|--------------------|
| 2 lbs chicken legs without skin | 2 tsps cilantro leaves, chopped | 1 tsp garlic paste |
| 1 tbsp lemon juice | 1 tbsp cumin seed powder | 1 tbsp Olive oil |
| 1 tsp yellow and red food coloring | 6 oz low fat plain yogurt | Salt to taste |
| 1 tbsp chili powder | 1 tbsp fresh ginger, grated | |

Method:

1. Cut the chicken pieces lengthwise.
2. Mix lemon juice, food coloring, salt, chili powder, cumin powder and cilantro leaves in a bowl and brush the chicken pieces evenly to coat.
3. Mix yogurt, ginger and garlic in a separate bowl and apply to the chicken pieces.
4. Marinate the pieces in the refrigerator turning pieces occasionally for 4-6 hours and let them at room temperature one hour before cooking.
5. Preheat the oven to 500 degrees F and place the chicken in single layer in a greased shallow baking pan.
6. Brush chicken with ½ tbsp of Olive oil and bake them for 12 mins.
7. Turn pieces over, brush with the remaining oil and continue baking until chicken is cooked and tender for about 15 mins.
8. Serve hot with fresh cilantro leaves on it.

Serves: 5

Preparation time: 30 minutes

Nutrition Information (per serving):

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|---------------------------------------|--------------------------------------|
| Calories: 281 | Saturated fatty acids: 2.1 gms |
| Protein: 41.4 gms | Polyunsaturated fatty acids: 1.8 gms |
| Carbohydrate: 3 gms | Cholesterol: 126 mg |
| Total Fat: 10.8 gms | Sodium: 2 mg |
| Monounsaturated fatty acids: 4.36 gms | |

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This recipe is provided by Prevention & Awareness for South Asians (PRANA), a PAMF wellness program. For more recipes and health information, visit www.pamf.org/southasian.