



Bal's No Butter Chicken

Chicken braised in Indian spices and finished with yogurt

Yield: 4

2 Tbsp	Canola Oil
1-1/2 Cup	Chopped Red Onions
2 Tbsp	Minced Garlic Cloves
1 Tbsp	Minced Ginger Root
2 Tbsp	Tomato Paste, Canned
1 Tbsp	Light Brown Sugar
1 Tbsp	Cumin Seeds
1 Tbsp	Garam Masala Spice Blend
1 tsp	Crushed Red Pepper
1 tsp	Turmeric
1/2 tsp	Kosher Salt
1 lb	Chicken Breast, Boneless, Skinless, 1-1/2" Dice
1/4 Cup	Plain Low Fat Yogurt
1/2 Cup	Water



Put a skillet over medium-high heat and add the oil. When it starts to get hot, add the onion, garlic, and ginger and cook for 4 minutes, or until the onion is golden. Add the tomato paste, brown sugar, cumin seeds, garam masala, red chili flakes, turmeric, and salt and cook for 2 minutes. Add the chicken cubes and stir well to coat. Add the yogurt and water and cook, stirring until the chicken is done, about 8 minutes. Serve hot.

Chef's Notes: Serve with rice and vegetables. Try this recipe with shrimp or pork and adjust cooking time accordingly.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Sat Fat (g)	Dietary Fiber (g)
273.2	28.4	15.7	10.8	71.3	443.9	1.6	2.4