



India: Grilled Tandoori Chicken

Chicken breasts take on a velvety texture when marinated and then grilled in this spicy yogurt mixture. If you can marinate it overnight, do so; otherwise about an hour will be fine (in the fridge!) You can also bake the chicken; see directions below.

Prep Time: 20 minutes

Cook Time: 15 minutes

Total Time: 35 minutes

Yield: 6 servings

Ingredients:

- 6 boneless, skinless chicken breast halves
- 1 cup plain yogurt
- 1 Tbsp. chili powder
- 1 Tbsp. curry powder
- 2 tsp. grated fresh ginger root
- 1 tsp. ground cumin
- 1 tsp. salt
- 1/8 tsp. cayenne pepper

Preparation:

Pierce chicken breasts several times with the tines of a fork and set aside.

In large bowl combine yogurt and all of the spices and mix well. Add the chicken to the mixture and turn so all the chicken pieces are coated. Cover and chill for at least one hour, or overnight.

When ready to cook, prepare and preheat grill. Remove chicken from marinade and cook on grill for about 15 minutes until thoroughly cooked, turning once during cooking time. You can also cook the chicken on a dual contact indoor grill, for 5-7 minutes until thoroughly cooked.

If you want to bake the chicken, preheat the oven to 375 degrees F. Place the chicken on a foil-lined jelly roll pan (you need the sides to catch the juice) and bake for 30-35 minutes until chicken registers 160 degrees F. Let stand 5 minutes and serve. Enjoy!