

# Tandoori chicken with rice

*packed with flavor and a wealth of fragrant spices*

Serves: 6

## ingredients:

- 1 c plain, nonfat Zoi Greek yogurt
- 1/2 c lemon juice
- 1/4 tsp salt
- 2 tbsp minced garlic clove
- 1 tbsp paprika
- 1 tsp yellow curry powder
- 1 tsp ground ginger
- 1/2-1 tsp red pepper flakes
  
- 1 1/4 lb skinless, boneless chicken breasts, cut into 1-2 inch pieces
  
- 6 bamboo skewers, soaked in water 15 minutes
  
- 3 c cooked brown rice

## preparation:

Preheat oven to 400°F. Combine yogurt, lemon juice, salt, garlic, paprika, yellow curry powder, ginger and red pepper flakes in small bowl and mix well.

Skewer equal amounts of chicken onto each of the skewers. Place chicken skewers in shallow casserole dish and cover with half the yogurt mixture; cover and chill for about 15 minutes. Reserve the unused portion of the marinade to serve with the cooked skewers.

Spray a rimmed baking sheet with cooking spray or line with waxed paper. Place chicken skewers on prepared baking sheet and discard the marinade.

Bake 15-20 minutes, or until juices run clear when meat is pierced. Serve with reserved yogurt marinade and cooked rice.

For grill enthusiasts, skewers may be grilled over medium-high heat for 3-5 minutes per side instead of baking.

