

## Tandoori Chicken

*Here's a fun and "make ahead" idea for chicken. Did you know yogurt makes a great marinade? It tenderizes naturally! This recipe features Garam Marsala, a blend of pepper, cinnamon, coriander, cumin and other spices. Serve the Tandoori Chicken on a bed of brown basmati rice along with a fresh fruit salad drizzled with a little OJ. I'd enjoy this dish with a glass of crisp and refreshing Riesling.*

### Group One Ingredients

1 tsp Extra Virgin Olive Oil  
1 Fresh Jalapeno, Seeds and Ribs Removed  
1 Small Onion, Coarsely Chopped  
4 Cloves Garlic, Peeled  
2 tsp Fresh Ginger, Grated  
2 TB Coriander Seeds  
1 tsp Garam Marsala (available in the grocery store)  
1 tsp Turmeric

### Group Two Ingredients

1 TB Lemon Juice  
1/2 Cup Plain Fat-Free Yogurt

### Group Three Ingredients

2 LBs Skinless Boneless Chicken Breasts  
Lemon Wedges

### **Step One**

Add all the Group One Ingredients to your blender or food processor and blend on high until it achieves the consistency of a paste.

### **Step Two**

Now, add the lemon juice and yogurt to the processor and blend until smooth. This process creates the marinade.

### **Step Three**

Add the marinade to the chicken in a zippy bag - make sure all the pieces are coated and place in the frig for at least 4 hours or overnight.

### **Step Four**

Remove the chicken from the zippy bag - pat dry with paper towels. Place on a preheated grill on a medium setting. Cook on one side for 10 minutes, then flip and cook on the other side for 10 minutes, or until done. Garnish with Lemon Wedges.