

Tandoori Chicken with Tomato Cucumber Raita

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Raita

1 cup low-fat plain yogurt
½ cup finely chopped seeded peeled cucumber
½ cup chopped seeded tomato
¼ cup minced red onion
2 Tbsp chopped fresh mint
1 tsp ground cumin
¼ tsp salt

Chicken

1 tsp paprika
1 tsp ground coriander
½ tsp chili powder
¼ tsp cumin
¼ tsp salt
¼ tsp pepper
pinch of ground nutmeg
4 boneless, skinless chicken breast halves
1 Tbsp canola oil

- Combine raita ingredients together in a small bowl, cover and refrigerate.
- Preheat grill to medium-high.
- Combine chicken spices together in a large seal-able plastic bag.
- Place each chicken breast half between 2 sheets of heavy-duty plastic wrap and flatten to ¼ inch using a meat mallet or rolling pin.
- Brush the chicken with oil and place in the bag with the spices.
- Seal and turn to coat.
- Oil the grill rack.
- Grill the chicken until cooked through and no longer pink in the middle, 3-4 minutes per side.
- Serve warm with the raita.



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