



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

BUTTERLESS CHICKEN

Time: 60 minutes

Serves: 4

Ingredients:

1 cup plain low-fat yogurt
½ cup ground almonds
1 ½ teaspoons chili powder
¼ teaspoon crushed bay leaves (or two whole)
¼ teaspoon ground cloves
¼ teaspoon ground cinnamon
1 teaspoon garam masala
4 green cardamom pods
1 teaspoon ginger pulp
1 teaspoon garlic pulp
14 ounce can diced tomatoes – with juice
1 ¼ teaspoons Kosher salt
1 pound boneless, skinless chicken breast – cut into 1 inch cubes
2 large onions – sliced
2 tablespoons fresh cilantro – finely chopped

Preparation:

In a mixing bowl stir together all ingredients from yogurt to salt then add the chicken.

Preheat a large pot on medium low, coat with cooking spray, add onions and cook for approximately 15 minutes until the onions become soft and translucent.

Add the yogurt and chicken mixture to the pot with the onions and turn heat to medium-low.

Cook, stirring occasionally for approximately 30 minutes until sauce thickens and chicken is cooked through.

Add the cilantro and serve. (A bed of Basmati rice is perfect for this.) Either warn your guests about the whole cardamom pods (and possibly bay leaves) or remove them before plating.

Nutritional Information Per Serving:

Calories: 240
Fat: 10g
Carbs: 17g
Fibre: 3g
Protein: 28g