

Chicken Tikka

Ingredients

- 10-1/3 oz frozen cooked diced chicken
- 3-1/8 tsp lime juice
- 1/3 cup plain yogurt, low fat
- 1/4 cup onion
- 2 tbsp vegetable oil
- 3/8 tsp kosher salt
- 1/8 tsp black pepper
- 1/8 tsp nutmeg
- 3/8 tsp cardamom spice
- 6-1/8 tsp cilantro, chopped
- 3/4 cup canned diced tomatoes, no salt added
- 6-1/8 tsp milk, 1%
- 1-1/2 cup cauliflower, chopped
- 1-1/8 tsp curry powder

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 181 calories, 8.53 g fat, 1.1 g saturated fat, 259 mg sodium, 7 g carbohydrate, 1.75 g fiber, 3.9 g sugar, 18.09 g protein

Directions

1. Mix together chicken, lime juice, and yogurt. Let marinate for at least one hour.
2. Spread chicken onto 9 x 13 inch tray, and bake at 350°F for about 30 minutes.
3. Dice onion and sauté with oil in medium pot while chicken is cooking. Add in spices (except for curry powder and save 1/2 of the salt). Stir to combine and cook about 2 minutes.
4. Add in drained tomatoes and milk. Bring mixture to a boil. Reduce heat to a simmer.
5. In a large bowl, toss together cauliflower, remainder of salt, and curry powder. Spread onto 9 x 13 inch tray, and roast in the oven at 375° F for 15 minutes.
6. Combine cauliflower and chicken mixture.