



THE  
LITTLE FRENCH BAKERY

## HEART HEALTHY CHICKEN TIKKA MASALA

- 1 T oil (grapeseed, olive, canola, or vegetable)
- 2 small onions, chopped
- 2 T. grated fresh ginger
- 5 gloves garlic smashed, peeled and chopped
- 2 T ground cumin
- 2 T garam masala
- 2-3 tsp tumeric
- 2-3 tsp chili powder
- salt and pepper to taste
- 1 14 oz can diced tomatoes (with juice), or 3-4 fresh
- 1 cup greek yogurt (or plain yogurt strained in a cheesecloth for about 1 hour)
- 1 cup skim milk
- 3-4 large chicken breasts, chopped into 1 inch pieces
- Chopped fresh cilantro, for garnish

### INSTRUCTIONS:

In a large dutch oven or saucepan, heat the oil over medium heat. Add the chopped onion and saute until translucent. Add the ginger and garlic and cook at about one minute. Add the spices, and cook for about one minute more, stir often to prevent the spices and garlic from burning. Add the tomatoes with their juice, and cook for 3-4 minutes. Add the yogurt and milk, stir and bring to a simmer. Add chicken and simmer for about 20 minutes, until the sauce thickens and chicken is fully cooked. Top with sprinkles of chopped cilantro.

Serve over basmati or brown rice. Serves 8.