

Chicken Tikka with Broccoli & Chick Peas



A lightened version of the traditional Indian chicken dish with tomato cream sauce ~ and only 401 calories per serving

Makes 4 servings

1c fat~free yogurt	1t black pepper	2 garlic cloves, minced	1c Half & Half, fat~free
1T lemon juice	2T fresh ginger, grated	1 jalapeno pepper, minced	8oz broccoli, frozen
2t cumin	4 chicken breasts, boneless, skinless, cut into bite sized pieces	2t cumin	1 ~ 15oz can garbanzo beans, drained
1t cayenne pepper		2t paprika	
1t cinnamon	1T butter	8oz tomato sauce	

In large bowl combined yogurt, lemon juice, cumin, cayenne, cinnamon, pepper and ginger. Mix well. Stir in chicken, cover and refrigerate at least 1 hour.

Preheat oven to 350. Remove chicken from marinade and bake 20 minutes or until just done.

While chicken is baking, start sauce. Melt butter in heavy skillet over medium heat. Sauté garlic and jalapeno 1 minute. Add cumin, paprika and tomato sauce. Stir well. Slowly add Half & Half and stir well. Simmer 20 minutes or until sauce thickens.

Add baked chicken pieces, broccoli and drained garbanzo beans to sauce. Simmer 10 minutes.

Prepare Ahead Tip

Cool completely, place in container, tightly cover and freeze. Thaw overnight in refrigerator day before consumption. Reheat over medium~low heat on stovetop until warmed through.

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