

Butterfied Tandoori Chicken



Personal Chef Service

Marinated chicken thighs stuffed with a spinach, chickpea and garlic mixture. Serve over your favorite rice with toasted naan bread

Serves 4

CHICKEN:

| | | |
|--|--|------------------------|
| | 1/4t cinnamon | 1T olive oil |
| 1c nonfat plain yogurt | 4 boneless, skinless chicken thighs, cut with pocket | black pepper |
| 1 onion, minced | | 1 onion, chopped |
| 2 garlic cloves, minced | STUFFING: | 1 tomato, chopped |
| 2T lemon juice | 2c fresh spinach | 1/2t curry powder |
| 1/2t each: paprika, ground cumin, tumeric, ground ginger, salt | 1c chick peas, drained | 1/4t salt |
| 1/4t black pepper | 1T ground ginger | 1/4t chili powder |
| | 1 garlic clove, minced | 1T nonfat plain yogurt |

Stir together yogurt, onion, garlic, lemon juice and all chicken spices in large zip~lock bag. Add chicken and coat well. Refrigerate at least 4 hours, or overnight.

Place spinach, chick peas, ginger, garlic and onion in food processor and process until almost smooth. Heat oil in large skillet. Add tomatoes to pan and simmer. Add curry, salt and chili powder. Add spinach purée and simmer. Stir in yogurt and simmer 5 minutes. Remove from heat and allow to cool.

Preheat oven to 500. Remove chicken from marinade and stuff pocket with spinach mixture. Coat wire rack with nonstick cooking spray and set over foil~covered baking sheet. Place chicken on rack and baked 25~30 minutes or until cooked through and stuffing mixture is hot and bubbly.

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