

Grilled Tandoori Chicken with Tzaziki Sauce

Number of Servings: 6

Ingredients

6 boneless/skinless chicken breasts
1/2 cup natural yogurt
2 cloves crushed garlic
4 tsp grated fresh ginger
1 Tbsp paprika
1 1/2 tsp cumin
1 1/2 tsp coriander
1/2 tsp cayenne pepper
salt
black pepper



Tzaziki sauce

1 cup natural yogurt
3 cloves of garlic, crushed to a paste
1/2 tsp salt
1 6 inch cucumber, seeded, peeled, and minced
2 tsp lemon juice
black pepper

Method

Put chicken breasts and next 9 ingredients in a large zip-lock bag and massage for a couple of minutes to mix well. Refrigerate for 4 hours. Remove from marinade and grill on a hot grill until juices run clear, turning once. About 15 minutes.

Mix all the ingredients for the tzaziki sauce together in a bowl when you marinate the chicken. Refrigerate until ready to serve.

To serve, slice the cooked breast cross-wise into three pieces and spoon about 1/4 cup of the tzaziki across it

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Carbs: 9.5g | Fat: 1.7g | Fiber: 2g | Protein: 31.6g | Calories: 183.6