

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**Bengali-Style Curry Chicken**

**Serves 6**

**This delicious Indian chicken dish is loaded with healthy spices rich in antioxidants and anti-inflammatory properties that may reduce your risk of heart disease and cancer!**

- 1 ½ pound boneless chicken
- 1 large onion, diced in 1 inch pieces
- 1 large tomato, diced in 1 inch pieces
- 1 tablespoon canola or olive oil

**Marinade**

- 1 heaping tablespoons plain yogurt
- 1 tablespoon minced ginger **or** 1 teaspoon ground ginger
- 1 tablespoon minced garlic **or** 1 teaspoon garlic powder
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon tumeric
- ½ teaspoon salt
- ½ teaspoon black pepper

1. Cut chicken into 1 inch cubes.
2. Add marinade ingredients to chicken; mix well. Cover and marinate in refrigerator for 2 hours or overnight.
3. Heat oil in a large skillet over medium-high heat. Add chicken and saute for 3 minutes. Add onion and tomato. Simmer for 15 minutes until chicken is cooked through.

**Serving Suggestion:** Serve with hot brown rice.

**Nutritional Information per serving:**

Calories: 158	Carbohydrates: 3g
Total Fat: 5g	Cholesterol: 53mg
Saturated Fat: 1g	Dietary Fiber: 1g
Protein: 24g	Sodium: 252mg

**Recipe Source:** Lipi Roy, MD, MPH [www.spicesforlifemd.com](http://www.spicesforlifemd.com)