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 turmeric
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