

TRUPTI CHICKEN WITH YOGURT SAUCE RECIPE

INGREDIENTS

1 cup plain low-fat yogurt
2 garlic cloves, minced
1 teaspoon Trupti Tandoori Masala
1 teaspoon Trupti ground turmeric
1 teaspoon Trupti dry ground ginger
Coarse salt and ground pepper
4 bone-in, skinless chicken breast halves (10 to 12 ounces each)
2 Granny Smith apples
1 tablespoon chopped fresh cilantro

METHOD

Preheat oven to 475 degrees. In a large bowl, mix together 1/2 cup yogurt, garlic, turmeric, tandoori masala, ginger, 2 teaspoons salt, and 1/4 teaspoon pepper. Add chicken; turn to coat.

Transfer chicken to a rimmed baking sheet. Roast until an instant-read thermometer inserted in thickest part of breast (avoiding bone) registers 160 degrees, 25 to 30 minutes.

Meanwhile, peel apple; coarsely grate into a medium bowl. Add cilantro and remaining 1/2 cup yogurt; season with salt and pepper. Serve sauce alongside chicken, with rice, if desired.