

Tandoori Grilled Chicken



Ingredients

16 skinless parts

1 cup plain nonfat Greek yogurt

Juice of 2 lemons

1 tablespoon peeled, finely chopped fresh ginger

1 tablespoon finely chopped garlic

2 teaspoons ground coriander

2 teaspoons ground cumin

2 teaspoons garam masala (Available in Indian markets)

1 teaspoon cayenne, or to taste

1 1/2 teaspoons salt or to taste

2 lemons, halved

1 onion, sliced into rings, for garnish

Lemon wedges for garnish

* Red and yellow food coloring optional to get it to look the “authentic” orange color of this Indian dish.

Directions

Rinse chicken and pat dry. Cut a few deep diagonal slits into each chicken pieces.. Stir together yogurt, juice, ginger, garlic, coriander, cumin, garam masala, cayenne, and salt in large bowl. Add chicken, turning to coat each piece and making sure the marinade goes into all the slits. Cover and refrigerate at least 2 hours. Preheat oven to 375 degrees. or prepare a charcoal or gas grill. Remove chicken from marinade and place in a shallow baking pan lined with foil. If baking, place in oven and bake. If grilling, rub grill grate with oil and place chicken on the grate and cook, turning about every 10 minutes. Chicken pieces are done when juices run clear when chicken is pierced at the thickest point, about 45 minutes for baking, 40 minutes for grilling. Transfer chicken to a heated platter and squeeze lemon halves over the top. Garnish the platter with the onion rings and lemon wedges and serve.