

From Lisa's Kitchen: Indian Spiced Chicken

This chicken is packed with Indian flavors, including some very healthful spices. You'll want to make extra to enjoy for another meal.

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Indian Spiced Chicken

Serves 4

2 teaspoons extra virgin olive oil	1 teaspoon ground cumin
4 large boneless skinless chicken thighs	dash cayenne pepper
1 small onion, halved and thinly sliced	1 cup low-salt chicken stock
14.5 ounces canned diced tomatoes	½ cup water
1 tablespoon tomato paste	½ cup nonfat plain yogurt
1 tablespoon grated fresh ginger	½ cup chopped fresh cilantro
2 garlic cloves, minced	½ teaspoon garam masala
1 teaspoon ground coriander	3 cups cooked brown or jasmine rice

Preheat oven to 375°.

Heat oil in medium Dutch oven (or other oven-proof pot). Brown chicken thighs until golden on all sides, carefully turning to keep the thighs in one piece.

Add onions, tomatoes, tomato paste, ginger, garlic, ground coriander, ground cumin, cayenne pepper, chicken stock and water to the pot, stirring gently to combine. Scrape up the browned bits at the bottom of the pot.

Cover and bring to a boil. Place pot into oven and bake until chicken is tender and cooked through, about 1 hour.

Stir in yogurt, cilantro and garam masala. Serve over rice.