



Tandoori-Inspired Chicken Kebabs with Curry-Orange Sauce



Tandoori Marinated Chicken:

- 1/2 cup plain fat free yogurt
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon peeled and finely shredded or minced peeled fresh ginger
- 1 clove garlic, finely chopped or pressed
- 1/2 teaspoon curry powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon mild paprika
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 pound boneless, skinless chicken thighs, cut into 1-inch pieces

Curry-Orange Sauce:

- 1 1/2 cups plain fat free yogurt
- 3 tablespoons honey
- 3 tablespoons fresh orange juice
- 3/4 teaspoon curry powder
- 1/2 teaspoon finely grated orange zest (orange part of peel only)
- 1/4 teaspoon mild paprika
- 1/4 teaspoon salt

Rice:

- 1 cup brown or white basmati rice

Kebabs:

- Marinated chicken pieces
- 1/2 large red or green bell pepper, cut into 1-inch pieces
- 1/2 medium red onion, cut into 1-inch pieces
- 4 to 6 bamboo or metal skewers (about 10 inches long)

Garnishes (Optional):

- Orange slices or wedges
- Cilantro sprigs

1. To marinate chicken, in medium bowl, stir together yogurt, lemon juice, ginger, garlic, curry powder, cumin, paprika, salt, and pepper. Add chicken and toss to coat. Cover and marinate in refrigerator 6 to 8 hours.
2. For Curry-Orange Sauce, in medium bowl stir together yogurt, honey, orange juice, curry powder, orange zest, paprika, and salt. Cover and refrigerate 1 hour or until serving time.
3. About 50 minutes before serving time, cook rice as package directs.
4. To cook chicken, preheat oven to 450°. Thread pieces of chicken, pepper, and onion on skewers. Line baking sheet with foil, coat with non-stick spray. Place skewers on foil. Discard marinade. Roast 20 to 25 minutes or until cooked through, turning once (chicken is done when juices run clear when sliced).
5. Serve skewers and rice with Curry-Orange Sauce. Garnish with orange slices and cilantro, if desired.

Prep time: 60 minutes • Marinate: 6 to 8 hours • Cook time: 25 minutes • Makes: 4 servings

Yogurt is a star ingredient in India. It's a tenderizer and flavor enhancer in marinades, adds creamy richness to sauces, and is a tangy, cool base for condiments and salads.

Cook's Tip:

- Streamline cleanup by marinating the chicken in a plastic zipper bag.

Tester's Comment:

"We haven't tried much Indian food so I told my family we were going to have an Indian theme night for dinner. My daughter looked on the internet to find out how to wear a sari and showed us the printout at the table."

Nutrients per serving:

Calories	474
Protein	31 g
Total Fat	10 g
(Saturated Fat	3 g)
Carbohydrate	65 g
Calcium	228 mg
Cholesterol	76 mg
Fiber	4 g
Sodium	508 mg