

Bal's No-Butter Chicken

Author: Adapted from Bal Arenson's *Everyday Indian: 100 Fast, Fresh and Healthy Recipes*,
source: *Christie's Corner blog*
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Carolyn T's
Main Cookbook
Servings: 4



- 1/4 cup grapeseed oil
- 2 large onions, chopped
- 2 tablespoons garlic, finely chopped
- 2 tablespoons ginger, finely chopped
- 2 tablespoons tomato paste
- 1 tablespoon cumin seeds
- 1 tablespoon Garam Masala
- 1 tablespoon brown sugar, [Carolyn: optional]
- 1 teaspoon red pepper flakes
- 1 teaspoon ground turmeric
- 1 teaspoon salt
- 1 pound boneless skinless chicken breast, cut into bite-sized pieces, or use boneless thighs
- 3/4 cup yogurt, low-fat plain
- 1/4 cup water, or more as needed
- 1/4 cup cilantro, minced

Serving Ideas: Can be served over rice, brown rice, millet, or with naan bread instead.

Categories: Chicken/Poultry

Blog: *Carolyn T's Blog:*
<http://tastingspoons.com>

Per Serving (excluding unknown items): 338 Calories; 17g Fat (45.9% calories from fat); 30g Protein; 16g Carbohydrate; 2g Dietary Fiber; 72mg Cholesterol; 704mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.

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Notes: I used chicken pieces (with bones) because I was short on time. You can also cook the chicken in the sauce, remove them and debone, which would likely be even better. It's the sauce that gives this such good flavor.

Description: A mild sauced chicken with Indian spices. Easy.

1. Place the oil in a non-stick skillet over high heat, add the onions, and sauté until dark golden brown, about 30 minutes. Add the garlic and ginger, reduce the heat to medium, and cook for 2 minutes. Add the tomato paste and cumin seeds and cook for 30 seconds.
2. Reduce the heat to low, add the garam masala, brown sugar, red pepper flakes, turmeric, and salt, and cook for 2 minutes. Mix in the chicken and cook until the chicken is almost done, about 5 to 7 minutes. Add the yogurt and water, and cook until the chicken is fully cooked, about 5 minutes. If using chicken pieces, this needs to simmer about 20-30 minutes. Garnish with fresh cilantro.
3. You can use whipping cream instead of yogurt.