

# Chicken Tikka Masala

*Serve this Indian dish over fragrant basmati rice.*

**Yield:** about 24 (3/4-cup) servings

Ingredients	Measure		Nutrition per Serving	
	24 – 3/4 cup			
Plain low-fat yogurt	1½ lb (3 cups)		Calories	230
Lemon juice	1 oz (2 Tbsp)		Total Fat g	7
Grated peeled gingerroot	1½ oz (3 Tbsp) or 1 Tbsp ground ginger		Saturated Fat g	2
Ground cumin	5 Tbsp, divided		Cholesterol mg	80
Ground cinnamon	1 Tbsp		Sodium mg	180
Ground red pepper (cayenne)	1 Tbsp		Carbohydrate g	11
Ground black pepper	1 Tbsp		Fiber g	1
<b>Med-Diet® Low Sodium Chicken Soup Base</b>	1 oz (3 Tbsp), divided		Sugar g	6
Boneless, skinless breasts, cut into bite-size pieces	7 lb		Protein g	29
Unsalted butter	1 oz (2 Tbsp)			
Diced jalapeño peppers	3 oz (6 Tbsp)			
Minced garlic	3 Tbsp			
Paprika	3 Tbsp			
No-salt-added tomato sauce	2¼ lb (4½ cups)			
Water	4½ cups			
<b>Med-Diet® Low Sodium Cream Soup Base</b>	5½ oz (1 cup + 2 Tbsp)			
Chopped fresh cilantro (optional)	as desired			

## Preparation

1. In large shallow container, combine yogurt, lemon juice, gingerroot, 2 Tbsp cumin, the cinnamon, cayenne, black pepper and 1 Tbsp chicken soup base; mix well. Add chicken; stir to coat. Cover; refrigerate at least 1 hour to marinate.
2. In large skillet, melt butter. Add jalapeños, garlic, remaining 3 Tbsp cumin and 2 Tbsp chicken soup base and the paprika; sauté until tender and fragrant.
3. Stir tomato sauce, water and cream soup base into skillet. Whisk until blended.
4. Remove chicken from marinade; discard marinade. Stir chicken into skillet. Cook until heated thoroughly.
5. Garnish individual serving with cilantro, if desired.

**Product Information**

<b>Product</b>	<b>Case Pack</b>	<b>Yield</b>	<b>Product Code</b>
Med-Diet® Low Sodium Chicken Soup Base	6 – 16 oz	37.5gal	K9216
Med-Diet® Low Sodium Cream Soup Base	6 – 14 oz	6 gal	K9212