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## Indian Tikka Chicken

Yogurt tenderizes chicken. This simple recipe is delicious served with cucumber salad.

### Ingredients

3/4 cup whole milk yogurt  
 1 tablespoon minced fresh gingerroot  
 1 tablespoon chopped cilantro plus additional for garnish  
 2 teaspoons chili powder  
 1 teaspoon ground coriander  
 1 teaspoon dried mint  
 1 tablespoon olive oil  
 1/2 teaspoon salt  
 1 1/2 pounds skinless, boneless chicken breasts, cut into 1 cubes  
 Lime wedges for garnish

### Directions

1. In shallow bowl combine yogurt, ginger, cilantro, chili powder, coriander and mint and mix well. Add chicken, cover, and marinate refrigerated 4 hours and up to overnight.
2. About 1 hour before cooking, remove chicken from refrigerator and bring to room temperature. Soak 4-6 thin wooden or bamboo skewers in water.
3. Heat oven to 375 F. Thread chicken on skewers, place on a baking sheet and drizzle with oil. Sprinkle with salt. Bake 30 minutes, turning once halfway through cooking time, until golden brown and cooked through. Sprinkle with chopped cilantro and garnish with lime.

[ IN BRIEF ]

Servings: 4  
 Prep time: 10 minutes  
 Marinate Time: 4 hours  
 Bake/Cook time: 30 minutes

[ NUTRITION PER SERVING ]

Carbohydrate: 1 grams  
Net Carbs: 1 grams  
Protein: 40 grams  
Fat: 6 grams  
Calories: 228

Good for  
 Atkins Points:

### You can find this article at:

[http://www.atkinscenter.com/food/recipes/all/Indian\\_Tikka\\_Chicken.html](http://www.atkinscenter.com/food/recipes/all/Indian_Tikka_Chicken.html)

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