

Indian Tikka Masala Chicken

Serves 5



STEP 1—MARINADE INGREDIENTS

- 1 cup plain Greek yogurt
- 1 tablespoon Lime juice (*Or lemon juice*)
- 1 teaspoons ground cumin
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon freshly ground black pepper
- 1/2 tablespoon minced fresh ginger (*Or 1/16 tsp ground*)
- 3/4 teaspoon Salt
- 1 teaspoon Paprika
- 3 boneless chicken breasts, cut into bite-size pieces

STEP 2— INGREDIENTS

- 6 cups Cauliflower Rice
- 1 tablespoon butter
- 2 teaspoons minced garlic
- 1 jalapeno pepper, finely chopped
- (8 ounce) can tomato sauce
- 2 Tablespoons Fibergy fiber supplement (*For thickening and to add needed fiber*)
- 1/4 cup chopped fresh cilantro for garnish/topping (*Optional*)

STEP 1 – MARINADE DIRECTIONS

Mix all the first section ingredients and then let marinate for 1-3 hours in fridge

STEP 2 – DIRECTIONS

- Sauté the garlic and jalapeno in pan with butter and brown up for a minute or two.
- Add in chicken and simmer until chicken is cooked through. (15-20 minutes)
- Stir together the tomato sauce and Fibergy.
- Add to pan with chicken and simmer for 10 minutes or until sauce has thickened.
- Top it with optional cilantro and serve hot over cauliflower rice.

Nutrition Facts	
Serving Size 216 g	
Amount Per Serving	
Calories 187	Calories from Fat 34
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 74mg	25%
Sodium 698mg	29%
Total Carbohydrate 9g	3%
Dietary Fiber 5g	22%
Sugars 4g	
Protein 33g	

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