

"BUTTER" CHICKEN



INGREDIENTS:

- 2 lbs chicken breast
- 1/2 cup tomato paste
- 3/4 cup nonfat Greek yogurt
- 1/2 tsp turmeric
- 2 tsp cumin
- 1/2 tsp cinnamon
- 1/4 tsp cayenne
- 1/2 tsp black pepper
- 1/2 tsp salt
- 1/4 onion, chopped
- 1/2 tbsp minced garlic
- 1 tbsp stevia

DIRECTIONS:

- 1) Cut chicken into cubes
- 2) Mix marinade: tomato paste, 1/4 cup Greek yogurt, and all spices and salt (except stevia)
- 3) Place cubed chicken in a Ziploc bag or glass container, add marinade. Allow chicken to marinate for 30 minutes to 1 hour
- 4) Heat a large pan on medium-high heat, spray with cooking oil
- 5) Once pan is hot add chopped onion, cook for ~3 minutes
- 6) Add garlic, cook for ~2 minutes
- 7) Add chicken, marinade, and stevia to the pan, mix and cook for ~5 minutes on medium heat
- 8) Add the remaining 1/2 cup Greek yogurt and 1/2 cup of water, mix well
- 9) Lower heat to medium-low heat, cook for ~10-15 minutes or until internal temperature reaches 165 F and sauce thickens

Enjoy!

Makes 8 Servings | 1 Serving = 4 oz
Calories: 226 | Protein: 38 g | Carbs: 4 g | Fat: 5 g