



Chicken Tikka

(Roasted Chicken Marinated
in Yogurt and Spices)

■ LOW FAT ■ LOW CARB

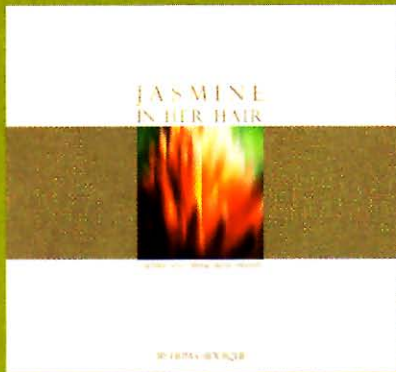
This classic Pakistani dish is from the book, Jasmine in Her Hair, Culture and Cuisine from Pakistan by Humma Siddiqui. It's a great introduction to Pakistani food, and it's effortless to make. It's also great on the grill.

- 6 boneless, skinless chicken breasts
- 1 cup plain yogurt
- 1 teaspoon garam masala
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- 1/2 teaspoon cumin powder
- 1/2 tablespoon olive oil
- 1/4 cup cilantro, chopped
- 1 small onion, thinly sliced

1. Wash and dry chicken breasts and place them in a mixing bowl. Combine yogurt and next four ingredients in a heavy zip-top plastic bag. Add chicken, turn bag to coat. Marinate in refrigerator overnight.

2. Preheat oven to 350F. Place the chicken in a roasting pan, drizzle the olive oil on the chicken and place the chicken in the oven for about an hour. Serve, garnished with cilantro and sliced onions. Serve with Raita Sauce and rice.

Serves 6. Per serving: 224 calories, 77 calories from fat, 8.6g fat, 2g saturated fat, 81mg cholesterol, 4g carbs, 0g fiber, 31g protein, 291mg sodium, 91mg calcium, 1mg iron



Exploring Another Culture

Jasmine In Her Hair: Culture and Cuisine From Pakistan

By Huma Siddiqui

Want to learn how to make samosas or chicken curry? Master garam masala? Or learn how to cook with cardamom pods? Mother, accountant, entrepreneur, and cooking school instructor Huma Siddiqui delivers accessible, home-style dishes in this memoir of growing up in Pakistan. Replete with spices, the recipes are simple, honest and easy to prepare. Garlic, ginger, chili powder, turmeric, garam masala, coriander and cumin, all traditional to Pakistani cooking, deliver haunting, yet familiar flavors. Simple authentic dishes from kofta (beef meatballs) to lamb curry dot this cookbook that is filled with 56 recipes and many photos. Journey with Siddiqui to understand the culture behind the food, or visit her website at www.whitejasmine.com