### Masala Chicken in Indian Spinach Sauce with Chickpeas

#### Recipe

**Serves 6-8**

**Chicken Marinade**
- 1 ½ lbs boneless skinless chicken breasts
- 1/2 cup nonfat yogurt
- 2 cloves garlic, crushed
- 1 tablespoon grated ginger
- 2 teaspoon ground coriander
- 1 ½ teaspoon ground cumin
- 2 teaspoon garam masala, ground
- 1 teaspoon smoked paprika
- 1 lemon, juice and zested

**Sauce**
- 1 tablespoon grapeseed oil
- 4 garlic cloves, minced
- 1 tablespoon, grated ginger
- 1 green chili, deseed and diced
- 1 large onion, diced
- 2 teaspoon ground cumin
- 1 ½ tablespoon ground coriander
- 1 teaspoon turmeric
- 3/4 teaspoon ground red pepper, adjust to taste
- 3/4 teaspoon salt, adjust to taste
- 1 teaspoon garam masala
- 1 15oz can of chickpea, drained and rinsed
- 3 cups frozen spinach
- 1 lemon, juice and zested

#### Directions
1. In a large bowl combine the chicken marinate ingredients, add chicken and marinate for at least 1 hour or overnight.
2. Remove chicken from marinate and grill over high heat. Set aside to cool. Once cool enough to handle chop into bite size pieces. *You do not need to finish cooking the chicken; you will finish cooking it in the sauce.
3. In a large sauce pan add oil, garlic, ginger, chili and onion. Sauté over medium heat until onions begin to brown.
4. Add remaining ingredients, except the lemon juice and zest. Add chicken to sauce.
5. Bring sauce and chicken to a boil, reduce heat to low and simmer for 30-40 minutes. Add lemon juice and zest into sauce before serving. Serve with rice and yogurt sauce.

#### Nutritional Information

<table>
<thead>
<tr>
<th>Serving Size: 189 grams</th>
<th>Calories 298</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories from Fat 91</td>
<td>Total Fat 10.1 grams (16%)</td>
</tr>
<tr>
<td>Total Saturated Fat 2.2 grams (11%)</td>
<td>Cholesterol 76 mg (25%)</td>
</tr>
<tr>
<td>Sodium 100 mg (4%)</td>
<td>Total Carbohydrate 20.4 grams (7%)</td>
</tr>
<tr>
<td>Dietary Fiber 5.7 grams (23%)</td>
<td>Sugars 4.8 grams</td>
</tr>
<tr>
<td>Protein 31.2 grams</td>
<td></td>
</tr>
</tbody>
</table>

#### Vitamins

- Vitamin A: 35%
- Vitamin C: 20%
- Calcium: 8%
- Iron: 22%

225 grams ~ 1 cup
% based on Daily Value
*based on a 2,000 calorie diet

Created, cooked, and provided by **Culinary Chef Jessica Vanroo** at Health & Fitness Fridays workshop on April 13, 2012