

Recipe - Chicken Tikka Masala

This recipe was prepared during a presentation by Neelam Gaur, Certified Health and Wellness Coach, <http://websites.integrativenutrition.com/ngaur/Home/Index.aspx>

Ingredients:

- Chicken Breasts (4 Breasts)
- 1 cup yogurt
- 1 big bottle of high quality pasta sauce, Marinara
- 1 large onion
- 2-3 garlic cloves
- 1 medium sized piece of fresh ginger
- 1/4 tsp cumin seeds
- 1/2 tsp turmeric powder
- 1/2 tsp garam masala
- 1/2 tsp cumin powder
- Chicken Tikka Masala powder
- Salt
- 1/2 cup oil - High Heat, preferably Coconut Oil

Directions:

Cut chicken into cube sized pieces and marinate overnight in yogurt.

Heat the oil and add the cumin, onions and ginger garlic paste.

Fry until onions are dark brown, being careful to not actually burn the onions.

Add the bottle of marinara sauce, turmeric, cumin, garam masala and the chicken tikka masala powder.

Add salt to taste.

Let the mixture cook for 20 to 25 minutes.

Add chicken pieces marinated in yogurt and cook for another 25 mins.

Garnish with cilantro and serve.