



Flavorful Grilled Chicken

(Recipes adapted from those found at www.foodfit.com)

Grilled Tandoori Chicken - (Makes 4 servings)

Ingredients:

- 16 bamboo skewers
- For the tandoori marinade
 - 1 teaspoon paprika
 - 1 teaspoon turmeric
 - ¼ cup fresh lemon juice
 - ½ cup non-fat, plain yogurt
 - 2 large cloves garlic
 - 1 tablespoon grated, fresh ginger root
 - ½ teaspoon ground coriander seeds
 - 1 tablespoon chopped fresh cilantro or parsley leaves
 - ½ teaspoon ground cumin
 - 1 tablespoon fresh lemon juice
 - ¼ teaspoon cayenne pepper
- 1 pound boneless, skinless chicken breasts
- For the yogurt sauce
 - ½ cup non-fat, plain yogurt
 - ¼ teaspoon cayenne pepper

Instructions:

1. Soak the skewers in water for at least 30 minutes or overnight.
2. Mix all the ingredients for the marinade together and set aside.
3. Cut the chicken into 16 1-inch strips. Add the chicken to the marinade and coat well. Cover and refrigerate 20 minutes.
4. Meanwhile, preheat grill. Combine all ingredients for yogurt sauce, spoon it into a serving bowl and let stand at room temperature while you cook the chicken.
5. Skewer each piece of chicken with one of the skewers. Place the chicken on the grill and cook 2 minutes each side, until cooked through. Serve the chicken with the yogurt sauce.

Chipotle-Herb Chicken Breasts - (Makes 4 servings)

Ingredients:

- 4 boneless, skinless chicken breasts, 4 ounces each
- 1 chipotle pepper, rehydrated, stemmed and seeded
- ¼ cup fresh parsley
- ¼ cup fresh cilantro
- 2 cloves garlic, peeled
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon olive oil

Instructions:

1. Combine the chipotle pepper, herbs, garlic, salt and pepper in a the bowl of a food processor; chop until they form a paste.
2. Rub the chicken breasts with the chipotle paste and set aside.
3. Preheat the grill.
4. Cook the chicken for about 3-6 minutes per side, until cooked through.

Todd Enlish's Marinated Grilled Chicken - (Makes 4 servings)

Ingredients:

- 2 cloves garlic
- 2 tablespoons honey
- ¼ cup minced red onion
- 2 tablespoons chopped, fresh mint
- 1 cup non-fat plain yogurt
- Zest of 1 lemon, grated
- 1 tablespoon curry powder
- 4 boneless, skinless chicken breasts, 4 ounces each

Instructions:

1. Mix all the ingredients except the chicken in a large bowl.
2. Add the chicken to the mixture and coat evenly.
3. Cover the bowl and refrigerate at least 30 minutes or overnight.
4. Preheat the grill.
5. Remove the chicken from the marinade and discard marinade. Sprinkle the chicken with salt and pepper.
6. Place the chicken on the hot grill and cook until juices run clear, 4-6 minutes per side.