

Indian Spiced Grilled Chicken

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Ingredients

four (6 ounce) chicken breasts – boneless, skinless
1 cup plain low fat yogurt
4 garlic cloves – grated
juice of one lemon (about $\frac{1}{4}$ cup)
2 tablespoons fresh ginger – minced
1 tablespoon garam masala
1 tablespoon turmeric
1 teaspoon salt
 $\frac{1}{2}$ teaspoon cayenne

Directions

Place chicken breasts in a large resealable plastic bag or glass dish.

In a small bowl, whisk together marinade: yogurt through cayenne. Pour over the chicken and marinate in the refrigerator for 30 minutes or overnight.

Pre-heat the grill to high and spray with non-stick cooking or grilling spray.

Grill chicken breasts 6-8 minutes per side, turning once, or until chicken reaches internal temperature of 165 degrees F.