



Grilled Tandoori Chicken Cucumber Raita Sandwich

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Prep time: 1-hour

Cooking time: 15 mins

Total time: 1 hour and 15 mins

Serves: 4

Ingredients for chicken:

- 1 teaspoon (5 mL) fresh cilantro, chopped
- ¼ cup (60 mL) plain fat-free yogurt
- 1 tablespoon (15 mL) curry powder
- 1 teaspoon (5 mL) chili powder
- ¼ teaspoon (1.25 mL) garlic powder
- 1 teaspoon (5 mL) canola oil
- 4 each 4-ounce (.1 kg) boneless, skinless chicken breast

Instructions for chicken:

1. Toss the chicken with all the ingredients in bowl. Cover and refrigerate for at least 1 hour before cooking, up to 2 hours.
2. Preheat grill to 425F degrees and lightly spray grill with oil. Remove Chicken from marinade and place on hot grill. Grill chicken for around 5 minutes on each side or until juices run clear and internal temperature 165F.

Ingredients for Raita:

- 1/8 teaspoon (.6 mL) kosher salt
- 1/8 teaspoon (.6 mL) ground cumin
- ¼ cup (60 mL) plain fat free yogurt
- ¼ cup (60 mL) cucumber, peeled and seeded

Instructions for Raita:

Peel and grate cucumber. Stir yogurt with a wire whisk in a small serving bowl. Add grated cucumber. Add salt and ground cumin. Serve immediately or cover and refrigerate until ready to serve.

Serve chicken on a toasted whole grain bun and top with 1 ounce of cucumber raita.

Nutrition: Serving Size – 1, 4 oz sandwich

- Calories: 420
- Sugar 9g
- Sodium 570mg
- Total fat: 12g
- Sat/trans fat: 3g
- Carbs: 40g
- Fiber: 1g
- Protein: 40g
- Cholesterol: 190mg