

fragrant and spicy chicken

exotic and spicy; try it with cucumber-yogurt sauce

Servings: 4

ingredients:

1 c plain Yami lowfat yogurt
1 1/2 tsp salt
1 small clove garlic, crushed
1/2 tsp ground cardamom
1/2 tsp chili powder
1/4 tsp cinnamon
1/4 tsp ginger
1 whole chicken (2 1/2-3 lbs),
quartered
2 tsp flour

preparation:

In a small bowl, combine yogurt, salt, garlic, cardamom, chili powder, cinnamon and ginger. Combine flour with yogurt and spice mixture. Place quartered chicken in a shallow dish. Spoon yogurt and spice marinade over chicken. Cover and refrigerate chicken to marinate, at least 4 hours or overnight.

Preheat oven to 350°F. Bake 1 1/4-1 1/2 hours or until tender. Baste occasionally with marinade and juices.

Serve with small bowls of condiments such as golden raisins, various chutneys, dried mango pieces, and slivered almonds; or pair it with a refreshing cucumber-yogurt sauce (see dressings and dips).

Yami[®]
yogurt