

tandoori-style chicken with cucumber-yogurt sauce

marinate overnight to intensify the pungent, fragrant spices

Servings: 4

ingredients:

Marinade

- 1 c plain Yami lowfat yogurt
- 3 cloves garlic
- 2 slices peeled fresh ginger root,
(about 1/8 in thick)
- 2 tbsp paprika
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp ground red pepper
- 1/2 tsp salt

- 1 3 1/2-lb chicken, skinned
and quartered

Cucumber-Yogurt sauce

- 1 c plain Yami lowfat yogurt
- 1 medium cucumber
- 1 tbsp fresh lime juice
- 1 tbsp chopped fresh mint leaves
- 2 tsp sugar
- 1/4 tsp salt

Garnish:

- limes, quartered (optional)
- fresh mint sprigs

preparation:

Overnight marinating in fragrant spices and yogurt tenderizes the chicken and intensifies the pungent flavor of the spices.

Marinade: In a food processor fitted with chopping blade puree yogurt, garlic, ginger root, paprika, coriander, cumin, pepper and salt until smooth. Combine chicken and marinade in a large bowl or sealable plastic food-storage bag. Cover bowl or seal food-storage bag and refrigerate chicken to marinate overnight.

Preparing the chicken: Preheat oven to 500°F. Place chicken quarters in a large roasting pan and brush the entire chicken with marinade left in bowl or food-storage bag. Bake 15 minutes at 500°; reduce oven temperature to 350°F and continue baking 30 to 35 minutes or until juices run clear when chicken is pierced with a fork.

Cucumber-Yogurt Sauce: Peel, seed and grate cucumber. In medium-size bowl, mix yogurt, cucumber, lime juice, mint, sugar and salt. Transfer sauce to serving bowl; cover and refrigerate until ready to serve.

Transfer chicken to serving platter. Garnish with wedges of lime and mint leaves, if desired. Serve Cucumber-Yogurt Sauce on the side.

The logo for Yami yogurt features the word "Yami" in a large, bold, black sans-serif font, with a registered trademark symbol (®) to its upper right. Below "Yami", the word "yogurt" is written in a smaller, blue, lowercase sans-serif font.