

SPICED CHICKEN BREASTS

Spiced Paste:

1 large garlic clove
1 1/2 teaspoons kosher salt
1 small fresh red or green chili like serrano or cayenne
1/3 cup low-fat plain yogurt
1 tablespoon fresh lemon juice
2 teaspoons grated peeled fresh gingerroot
1 1/2 teaspoons ground coriander seeds
3/4 teaspoon turmeric
1/2 teaspoon ground cumin
1/2 teaspoon freshly ground black pepper
1/4 teaspoon freshly grated nutmeg
1/8 teaspoon ground cloves
4 skinless boneless chicken breast halves (approx 1 1/4 pounds total)
1 small red onion
2 teaspoons vegetable oil

Yogurt Sauce:

1/2 cup low-fat plain yogurt
1 teaspoon fresh lemon juice
pinch cayenne

Spice Paste:

Mince garlic with salt and mash to a paste. Mince chili (including seeds for a spicier paste). Stir together with garlic paste and remaining spice paste ingredients in a bowl.

Cut 3 diagonal cuts about 1/4 inch deep in each chicken breast. Rub spice paste into cuts and all over chicken. Marinate chicken, covered, 30 minutes at cool room temperature. Preheat broiler and line broiler pan with foil. Cut onion in half through root end and reserve 1 half for sauce. Slice remaining onion half in thin slices, separating layers. While broiling chicken, soak onion slices in ice water in small bowl. Arrange chicken leaving plenty of room between each piece on broiler pan. Coat chicken with 1 teaspoon vegetable oil and broil about 3 inches from heat 8 minutes. Turn chicken over and brush with remaining teaspoon vegetable oil. Broil chicken about 6 minutes or until lightly browned and no longer pink in the center. Prepare sauce while chicken is broiling: Mince enough reserved onion to measure 1 tablespoon and stir all sauce ingredients together in a small bowl. Drain soaked onion and pat dry between paper towels. Top chicken with onion slices and serve with yogurt sauce.

Serves 4. Per serving, including yogurt sauce, about 222 calories and 5 grams fat.