

Tandoori Chicken

Amy Bridges

Mix equal parts of [tandoori paste](#) with fat free plain yogurt or fat free sour cream. Toss in one skinless chicken breast cut up into one inch pieces and marinate in the fridge for an hour or so. Then bake it at 325 until the chicken is done (about 15 minutes).

The chicken is so tender and delicious. The yogurt adds about 30 calories and so does the tandoori paste. Top with some green onion and serve over brown rice. Yummy!!