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# Chicken Tikka Masala

Prep time: 60 minutes

Servings: 4

*A nutritious dinner with an international flare, this fast dinner cleverly pairs creamy yogurt, chicken thighs and chickpeas to deliver a hefty dose of satiating protein and fiber and an impressive amount of iron. “The result is an energizing, nutritious meal that should keep blood sugar steady for hours... And keep those late night munchies at bay,” says Registered Dietitian Tamara Duker Freuman, who specializes in medical nutrition therapy for digestive disorders.*

Submitted by Pam Anderson, [threemanycooks.com](http://threemanycooks.com)

## Ingredients

- 1 pound boneless, skinless chicken thighs, cut into medium dice
- 1 cup Green Valley Creamery plain yogurt, divided
- 3 large garlic cloves, minced
- 2 Tbsp. plus 2 tsp. flavorless oil, such as canola, divided
- 1 large onion, cut into medium dice
- 2 Tbsp. garam masala
- 1 Tbsp. chili powder
- 1 tsp. ground ginger
- 1/2 tsp. ground turmeric
- 1 can (28 oz.) crushed tomatoes
- 2 cans (15 to 16 oz. each) chickpeas, drained
- 1 can light coconut milk
- 1/2 cup chopped fresh cilantro

## Instructions

1. Mix chicken with 1/2 cup yogurt and the garlic; add 2 teaspoons of the oil and toss to combine.

2. Heat a large heavy-bottomed, nonstick skillet over strong medium-high heat. Add chicken and cook, turning only once, until well browned on both sides, about 5 minutes total. Remove chicken and add 1/2 cup of water to the skillet; stir to loosen brown bits and set aside.
3. Meanwhile, heat remaining 2 tablespoons of oil in Dutch oven or soup kettle. Add onions; saut  until soft and light brown, about 5 minutes. Add spices; stir until fragrant, a minute or so. Add tomatoes, chickpeas, coconut milk, along with the chicken and the skillet liquid. Bring to simmer, reduce heat to low and cook, partially covered, to blend flavors, about 15 minutes.
4. Place remaining 1/2 cup of yogurt in a medium bowl. Slowly whisk in some of the hot stew liquid to prevent yogurt from curdling. Stir yogurt mixture, along with cilantro, into stew. Heat through and serve.