

Indian-Spiced Grilled Chicken

This tangy marinade, spiked with the Indian spice blend garam masala, is a terrific way to enliven grilled chicken. Try it on tofu or pork chops.



Ingredients

- ½ cup grated onion (about 1 medium)
- ¼ cup lemon or lime juice
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons garam masala
- 1 teaspoon salt
- 1–1 ¼ pounds boneless, skinless chicken breast

Instructions

1. Whisk onion, lemon (or lime) juice, oil, garam masala and salt in a bowl until well combined.
2. Place chicken in a shallow dish or 1-gallon sealable plastic bag. Add the marinade and refrigerate for at least 1 hour and up to 12 hours. Remove from the marinade and pat dry.
3. Preheat grill to medium-high or position a rack in upper third of oven and preheat broiler.
4. To grill: Oil the grill rack. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.
5. To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.

Nutrition Per Serving

136 Calories, Total Fat: 3 g, Saturated Fat: 0 g, Cholesterol: 62 mg, Carbohydrates: 0 g, Fiber: 0 g, Total Sugars: 0 g, Added Sugars: 0 g, Protein: 22 g, Sodium: 152 mg, Potassium: 199 mg, Iron: 0 mg, Folate: 4 mcg, Calcium: 12 mg, Vitamin A: 15 IU, Vitamin C: 1 mg

Carbohydrate Servings: 0

Yield:
4 servings

Active Time:
10 minutes

Total Time:
1 ½ hours
(including 1 hour marinating time)

Make Ahead Tips:

Cover and refrigerate the marinade for up to 3 days; marinate the chicken for up to 12 hours.

