

Taste of Home



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Tandoori-Style Chicken with Cucumber Melon Relish

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We all need a quick meal that's deliciously healthy. I marinate the chicken before I leave for work, and when I get home, I grill the chicken and make the relish. My husband loves the spicy flavor. To amp up the heat, add more crushed red pepper flakes. —Naylet LaRochelle, Miami, Florida

TOTAL TIME: Prep: 20 min. + marinating Grill: 15 min.

YIELD: 4 servings.

Ingredients

1-1/2 cups reduced-fat plain yogurt

2 tablespoons lemon juice, divided

1-1/2 teaspoons garam masala or curry powder

1/2 teaspoon salt

1/4 to 1/2 teaspoon crushed red pepper flakes

4 boneless skinless chicken breast halves (6 ounces each)

1-1/2 cups chopped cantaloupe

1/2 cup chopped seeded peeled cucumber

2 green onions, finely chopped

2 tablespoons minced fresh cilantro

1 tablespoon minced fresh mint

1/4 cup toasted sliced almonds, optional

Directions

1. In a small bowl, whisk yogurt, 1 tablespoon lemon juice, garam masala, salt and pepper flakes until blended. Pour 1 cup marinade into a large bowl. Add chicken; turn to coat. Cover; refrigerate up to 6 hours. Cover and refrigerate remaining marinade.
2. For relish, in a small bowl, mix cantaloupe, cucumber, green onions, cilantro, mint and remaining lemon juice.
3. Drain chicken, discarding marinade in bowl. Grill chicken, covered, on a lightly oiled rack over medium heat or broil 4 in. from heat until a thermometer reads 165°, 6-8 minutes on each side. Serve with relish and reserved marinade. If desired, sprinkle with almonds.

Nutrition Facts

1 serving (calculated without almonds): 247 calories, 5g fat (2g saturated fat), 98mg cholesterol, 332mg sodium, 10g carbohydrate (9g sugars, 1g fiber), 38g protein. **Diabetic Exchanges:** 5 lean meat, 1/2 starch.

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