



Garam Masala Chicken

Ingredients:

Chicken ~ lots
8 oz of plain yogurt or Lite Silken Tofu
1 clove of garlic, minced
juice of 1 lime
1 Tbs Garam Masala (by Spice Hunter)

I have actually done this recipe two different ways. Originally this was designed as a marinade for the chicken. Then I made it into a sauce.

Directions for a Marinade:

- Combine all ingredients to make the marinade (not the chicken)
- Wash the chicken and pat dry.
- Cover the chicken with the marinade and let sit for a day. Turn a few times to allow the flavor to really seep into the chicken
- Cook the chicken as you desire

Directions for a Sauce:

- Cook chicken in a fry pan, then shred it.
- Combine all ingredients to make the Sauce. Since Tofu takes on the flavor of what you mix it with, I used an entire container of Lite Silken Tofu.
- Allow the tofu mix to set for about 6 hours
- Then heat and use as a sauce with the chicken.

This tastes great over hot rice. I wasn't wild about it with pasta, however since this is your playtime... find out what you like. ~N