

Indian Cashew Chicken (Murgh Makhani)

Shopping List

Nuts

- ☐ 1/3 cup cashews, toasted

Dairy

- ☐ 3/4 cup plain fat-free strained (Greek-style) yogurt
- ☐ 3 tablespoons half-and-half

Pantry

- ☐ 1/4 cup tomato paste
- ☐ 2 tablespoons white vinegar
- ☐ 1 1/2 teaspoons garam masala
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon grated fresh ginger
- ☐ 1/2 teaspoon cayenne pepper
- ☐ 2 garlic cloves, chopped
- ☐ 1 teaspoon Hungarian sweet paprika
- ☐ 1/8 teaspoon salt

Protein

- ☐ 4 boneless, skinless chicken thighs, cut into bite-size pieces (about 14 oz.)
- ☐ 2 (8-oz.) boneless, skinless chicken breasts, cut into bite-size pieces

Produce

- ☐ 2 1/2 cups finely chopped onion
- ☐ 2 green cardamom pods, lightly crushed
- ☐ 1 (2-inch) cinnamon stick
- ☐ Chopped fresh cilantro (optional)

Other

- ☐ Cooking spray
- ☐ 2 cups fat-free, lower-sodium chicken broth
- ☐ 1 Cup Tomato puree