

Indian Cashew Chicken (Murgh Makhani)

Hands-On: 30 minutes

Total: 4 hours 30 minutes

Also known as butter chicken, this Punjabi dish gets richness from cashew butter, half-and-half, and yogurt. A host of spices from coriander and ginger to cardamom and cinnamon give it head-swirling aromas. Serve over brown basmati rice or with naan to soak up the creamy sauce.

Ingredients

1/3 cup cashews, toasted
3/4 cup plain fat-free strained (Greek-style) yogurt
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
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
Cooking spray
2 1/2 cups finely chopped onion
2 green cardamom pods, lightly crushed
1 (2-inch) cinnamon stick
2 cups fat-free, lower-sodium chicken broth
1 cup organic tomato puree
1 teaspoon Hungarian sweet paprika
1/8 teaspoon salt
3 tablespoons half-and-half
Chopped fresh cilantro (optional)

Instructions

1. Place cashews, yogurt, tomato paste, vinegar, garam masala, coriander, ginger, cayenne pepper, and garlic in a blender or food processor; process until smooth. Stir together nut mixture and chicken in a large bowl; cover and refrigerate 3 hours or overnight.

2. Heat a large Dutch oven over medium-low. Spray pan with cooking spray. Add onion, cardamom, and cinnamon stick to pan; cover and cook 10 minutes or until onion is golden, stirring often.
3. Add chicken mixture to pan; cook 10 minutes, stirring frequently. Stir in broth, tomato puree, paprika, and salt, scraping pan to loosen browned bits. Cook 1 hour or until thick. Stir in half-and-half; cook 1 minute, stirring occasionally. Remove from heat. Discard cinnamon stick. Garnish with fresh cilantro, if desired.

Serves: 6 (serving size: about 1 cup)

Calories: 366 | **Fat:** 15g | **Carbohydrates:** 21g | **Protein:** 36g | **Sodium:** 346mg | **Sugars:** 9g