

# Skinny Chicken Tikka Masala

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-tikka-masala-recipe-indian-healthy-recipe>

## Ingredients:

- 2 teaspoons canola oil or you could use butter
- 1 small onion minced
- 1 tablespoon fresh ginger grated
- 3 cloves garlic crushed
- 1 1/2 cups crushed tomatoes
- 4 ounces fat free yogurt I used Chobani
- 1/2 cup 1% milk
- 1 tablespoon cumin
- 1 tablespoon Garam Masala
- 1 teaspoon turmeric optional
- 1/2 tablespoon chili powder
- salt to taste
- 2 boneless chicken breasts cut into bite sized pieces
- 4 tablespoons fresh cilantro or to taste

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 40 milligrams
4. Fat: 5 grams
5. Fiber: 3 grams
6. Protein: 18 grams
7. SaturatedFat: 1 grams
8. Sodium: 430 milligrams
9. Sugar: 4 grams

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