

Grilled Tandoori Chicken and Vegetables

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-fried-rice-with-tandoori-chicken-recipe>

Ingredients:

- 1 cup plain greek yogurt
- 2 tablespoons water omit if using regular/non-Greek yogurt
- 1/4 cup tandoori paste
- 4 chicken breasts
- 4 Roma tomatoes washed and quartered
- 4 zucchini large, washed and sliced
- extra-virgin olive oil
- salt
- pepper
- rice Cooked white or coconut, or cauli rice, see note
- lime wedges
- cilantro

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 85 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 30 grams
7. SaturatedFat: 3 grams
8. Sodium: 380 milligrams
9. Sugar: 12 grams

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