



Chicken Tikka Masala

Prep: 10 minutes | Cook: 20 minutes-4 hours | Total: 30 minutes-5 hours

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- 1 tablespoon canola oil
- 1 pound (16-ounces) boneless, skinless chicken breast, cut into bite sized pieces
- 1 tablespoon fresh ginger, grated (or ½ teaspoon ground ginger)
- 2 cloves garlic, minced (about 1 teaspoon)
- 1 tablespoon garam masala
- ½ teaspoon paprika
- ½ teaspoon turmeric
- ¼ teaspoon salt
- 1 (15-ounce) can no-salt added tomato sauce
- 1 cup (½ can) lite coconut milk or 6oz plain Greek yogurt

Directions

- Stove-Top:** Heat medium sized pot over medium high heat. Add 1 tablespoon oil. Once hot, add chicken and sauté for 5 minutes. Add ginger, garlic, spices and salt. Sauté for another 5 minutes. Add the tomato sauce. Cover and simmer for 20 minutes. Remove from heat and stir in the coconut milk or yogurt. Serve warm.
- Instant Pot/Electric Pressure Cooker:** Set to sauté mode. Add oil. Once hot, add chicken. Sauté for 5 minutes. Add ginger, garlic, spices and salt. Sauté for another 5 minutes. Add tomato sauce and stir to combine. Set to manual pressure cook for 10 minutes, then quick release. Stir in coconut milk or yogurt. Serve warm.
- Slow Cooker/Crockpot:** Omit oil. Add chicken, ginger, garlic, spices, salt and tomato sauce to crockpot. Cook on high for 4 hours or low for 8 hours. Turn off, add coconut milk or yogurt. Stir to combine. Serve warm.

Recipe Notes

- Serve over whole grain rice or with naan bread and a fresh salad.
- Omit added salt to reduce sodium content.

Nutrition Facts Per Serving: Calories: 255 | Total Fat: 10 g | Saturated Fat: 3 g
Sodium: 300 mg | Total Carbohydrate: 9 g | Dietary Fiber: 2 g | Protein: 26 g

Submitted by Robin LaCroix RD, CSO
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