



Tandoori Chicken Legs with Raita

(Recipe from www.wholeliving.com)

Ingredients:

1 cup plain nonfat yogurt
Juice of 1/2 lemon
1 tablespoon freshly grated ginger
1 tablespoon minced garlic (3 to 4 cloves)
1/4 cup grated onion (1 small onion)
1 tablespoon paprika
1 teaspoon ground cinnamon
1 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 teaspoon ground cardamom
1/4 teaspoon ground coriander
1/4 teaspoon ground cloves
6 chicken legs (drumstick and thigh), skin and excess fat removed (about 3 1/2 pounds)
4 small red onions, cut into 1/4-inch rounds
Cilantro sprigs, for garnish
1 lemon, cut into wedges

Directions:

Place yogurt, lemon juice, ginger, garlic, onion, paprika, cinnamon, cumin, salt, pepper, cardamom, coriander, and cloves in a large bowl; combine. Add chicken, and coat with marinade. Cover with plastic wrap; chill ½ hour. Best if marinated overnight.

Preheat oven to 500 degrees. Place onions on a large pan; top with marinated chicken. Roast about 40 minutes, until chicken is dark red, slightly charred, and

juices run clear when meat is pierced. Garnish with cilantro; serve with lemon wedges and raita.

(Serves 4 to 6)