



## Cornell Health & Nutrition Balanced Choices for Life

### Recipes

## DINNER: Chicken with Tomatoes and Garam Masala

Serves 6

### Ingredients

- ¼ cup plus 2 tablespoons vegetable oil
- 6 cardamom pods
- 2 bay leaves
- 1 piece (1 inch long) cinnamon
- ¾ teaspoon cumin seeds
- ¼ teaspoon peppercorns
- 1 yellow onion, finely chopped
- 6 – 7 cloves garlic, finely chopped
- 1 piece (1 inch long) ginger root, grated
- 6 boneless, skinless chicken breast halves, cut into ½ inch strips crosswise
- 6 medium tomatoes, peeled, cored, finely chopped (or 1 15 oz can chopped tomatoes)
- 1-1/2 teaspoons salt
- ½ teaspoon each: ground red pepper, garam masala

### Directions

1. Heat oil in a large skillet over medium-high heat; stir in cardamom pods, bay leaves, cinnamon stick, cumin seeds and peppercorns. Add onion, garlic and ginger root. Cook, stirring, until onions soften and just begin to brown, about 4 minutes.
2. Add the chicken, tomatoes, salt and ground red pepper, stirring to combine; heat to a boil. Cover tightly, lower heat to simmer. Cook, stirring occasionally, until chicken is tender, about 25 minutes.
3. Uncover, raise heat to medium. Sprinkle in the garam masala, add salt/pepper to taste; cook, stirring gently, until the flavors come together and some liquid evaporates, about 5 minutes.
4. Remove cardamom pods, bay leaf and cinnamon stick. Serve with rice and green lentils with onion.

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