

# Indian-Spiced Grilled Chicken

4 servings

**Active Time:** 10 minutes

**Total Time:** 1 1/2 hours (including 1 hour marinating time)

## Ingredients

- 1/2 cup grated onion (about 1 medium)
- 1/4 cup lemon or lime juice
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons garam masala (see Notes)
- 1 teaspoon salt
- 1-1 1/4 pounds boneless, skinless chicken breast (see Notes)



## Preparation

1. Whisk onion, lemon (or lime) juice, oil, garam masala and salt in a bowl until well combined.
2. Place chicken in a shallow dish or 1-gallon sealable plastic bag. Add the marinade and refrigerate for at least 1 hour and up to 12 hours. Remove from the marinade and pat dry.
3. Preheat [grill](#) to medium-high or position a rack in upper third of oven and preheat broiler.
4. To grill: Oil the grill rack (see Tip). Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 4 to 8 minutes per side.
5. To broil: Line a broiler pan (or baking sheet) with foil and coat with cooking spray. Place the chicken on the foil. Broil, watching carefully and turning at least once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 15 minutes total.

## Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate the marinade for up to 3 days; marinate the chicken for up to 12 hours.
- **Notes:** Garam masala, a blend of spices used in Indian cooking, usually includes cardamom, black pepper, cloves, nutmeg, fennel, cumin and coriander. It is available in the spice section of most supermarkets.
- It's difficult to find an individual chicken breast small enough for one portion. Removing the thin strip of meat from the underside of a 5-ounce breast—the chicken tender—removes about 1 ounce of meat and yields a perfect 4-ounce portion. Wrap and freeze the tenders and when you have gathered enough, use them in a stir-fry or for oven-baked chicken fingers. If you can only find chicken breasts closer to 8- to 9-ounce each, you'll only need 2 breasts for 4 servings—cut each one in half before cooking.
- **Tip:** Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.) When [grilling](#) delicate foods like tofu and fish, it is helpful to coat the food with cooking spray.

## Nutrition

**Per serving:** 136 calories; 4 g fat ( 1 g sat , 2 g mono ); 63 mg cholesterol; 1 g carbohydrates; 0 g added sugars; 23 g protein; 0 g fiber; 152 mg sodium; 200 mg potassium.