

Better Butter Chicken

Despite its name, butter chicken typically contains cream, not butter. This version is made with plain low fat yogurt to limit fat and calories.



Ingredients:

2.2 lb	Boneless, skinless chicken thighs (about 8 thighs)	1 kg
1 medium	Onion, halved and thinly sliced	1 medium
1 Tbsp	Fresh ginger, grated	15 mL
4 cloves	Fresh garlic, crushed	4 cloves
1–28 ounce can	Canned diced tomatoes, undrained	1–796 mL can
2 Tbsp	Tomato paste	30 mL
2 tsp	Curry powder	10 mL
1 Tbsp	Chili powder	15 mL
pinch	Cinnamon	pinch
1–2 tsp	Garam masala (optional)	5–10 mL
1 cup	Plain 1–2% M.F. yogurt	250 mL
3 cups	Brown rice, cooked	750 mL

Directions:

1. Put the chicken, onion, ginger, garlic, tomatoes, tomato paste, curry powder, chili powder, and cinnamon in the bowl of a slow cooker or into a heavy baking dish. Cover and cook on low in the slow cooker for 6–8 hours, or in a 300°F (150°C) oven for 4–5 hours.
2. Uncover, stir in garam masala (if using) and yogurt. Season with pepper and serve hot over rice.

Makes 6 servings (500 mL/ 2 cups/ 473 g)

Source: developed by Julie Van Rosendaal for Apple, Alberta Health Services' health and wellness magazine. Photo credit: Apple magazine/AHS.

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Nutrition Facts	
Per 1/6 of recipe (500 mL /2 cups/ 473 g)	
Amount	% Daily Value
Calories 390	
Fat 10 g	9 %
Saturated 3 g + Trans 0 g	10 %
Cholesterol 140 mg	
Sodium 550 mg	27 %
Carbohydrate 37 g	6 %
Fibre 3 g	8 %
Sugars 8 g	
Protein 38 g	
Vitamin A	35 %
Vitamin C	50 %
Calcium	14 %
Iron	20 %

Nutrient Claim	Amount per serving
Source of fibre	3 g
Very high in potassium	696 mg
High in calcium	185 mg
Very high in magnesium	100 mg
Source of folate	28 mcg
High in iron	2.9 mg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1
Grain Products	1
Milk and Alternatives	1/4
Meat and Alternatives	2

This is a Choose Most Often recipe (Mixed Dish–Meat based) according to the Alberta Nutrition Guidelines.

<p>Special equipment needed:</p> <ul style="list-style-type: none"> • Slow cooker
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