

BAKED TANDOORI CHICKEN (BREAST BONELESS)

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
219 cal	8 g	34 g	5 g	90 mg	260 mg	76 mg

Ingredient

YOGURT,PLAIN,LOWFAT
 MUSTARD,DIJON
 HONEY
 CUMIN,GROUND
 SALT
 GARLIC POWDER
 TURMERIC, GROUND
 PAPRIKA,GROUND
 HOT SAUCE
 CHICKEN,BREAST,BNLS/SKNLS,5 OZ
 COOKING SPRAY,NONSTICK

Weight

6-1/2 lbs
 1 lbs
 1-1/2 lbs
 7/8 oz
 1 oz
 1/2 oz
 1/4 oz
 1/4 oz
 1/4 oz
 1/2 oz
 31-1/4 lbs
 2 oz

Measure

3 qts
 2 cup
 2 cup
 1/4 cup 1/3 tbsp
 1 tbsp
 1 tbsp
 1 tbsp
 1 tbsp
 1 tbsp
 1/4 cup 1/3 tbsp

Issue

Method

- 1 In a large stainless steel mixing bowl, combine yogurt, mustard, honey, cumin, salt, garlic powder, turmeric, paprika, and hot sauce.
- 2 Coat chicken breasts with yogurt mixture.
- 3 Place chicken breasts on lightly sprayed sheet pans. Lightly spray breasts with cooking spray.
- 4 Using a convection oven, bake 10 to 12 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold at 140 F. or higher for service.