



WEEKNIGHT CHICKEN

Flavorful turmeric is one of the main spices in many curries. Not only does it taste great, but it can also reduce swelling and pain in the joints. The effect is multiplied when paired with spicy black pepper.

Cut along the dotted lines and slip this one into your recipe box ... it's sure to be a new favorite!



Spicy Turmeric and Black Pepper CHICKEN AND RICE

INGREDIENTS

- 2 lbs boneless chicken thighs, cut into strips
- ½ cup plain regular or Greek yogurt
- 1 tsp whole peppercorns
- 1 tbsp ground black pepper
- 1 tsp turmeric
- ½ lemon, juiced
- 3 white onions (half roughly chopped, half finely sliced)
- 1 half-inch piece of ginger, chopped
- 1 tbsp olive oil
- pinch salt
- 3 cups rice or quinoa, cooked

DIRECTIONS

- 1 Combine ground black pepper, yogurt, turmeric, lemon juice, and salt to make marinade. Add the chicken and marinate in the refrigerator for at least 30 minutes or up to 4 hours.
- 2 Blend the roughly chopped onion, garlic, ginger, and black peppercorns to make a paste.
- 3 Heat a tablespoon of olive oil in a heavy skillet and fry the thinly sliced onion until golden. Add ½ of the paste and continue frying until the onion has browned.
- 4 Add the chicken and ½ cup of water. Bring to a boil, then simmer until the chicken has cooked through (20 minutes or so).
- 5 Serve atop a bed of rice or quinoa, and sprinkle extra sliced onion on top if you like.

Adapted from HithaOnTheGo.com