

# From our kitchen to yours



## Chicken Biryani

*TOTAL TIME: 35 min YIELDS: 8 servings*

### Ingredients:

2 tbsp	canola oil	3	cloves
1 cup	onion, finely chopped	1	cinnamon stick
2 cloves	garlic, minced	1 2/3 cups	basmati rice
2 tbsp	fresh ginger, grated	1 lb	chicken breast, cut into strips
1/2 tbsp	cumin	1/3 cup	plain, non-fat Greek yogurt
1/2 tbsp	coriander	2	tomatoes, diced
3/4 tsp	turmeric	3 cups	low-sodium chicken broth
1/2 tsp	cardamom	garnish	fresh cilantro

### Directions:

In a sauce pan, heat canola oil over medium-high heat and sautee onion, garlic, ginger, cumin, coriander, turmeric, cardamom, cloves and cinnamon for 2 minutes.

Stirring constantly, add rice, chicken, yogurt, tomato and broth; cover and simmer over medium heat for 15 minutes or until rice is tender, chicken is cooked through and liquid is absorbed. Remove from heat and let stand for 5 minutes.

Garnish with cilantro and serve.

