

## Tandoori Chicken Legs

Category Optional					Cooking process	#2 Same Day Service	
Yield	24 each		96 each				
Ingredients	Weight Measures		Weight Measures		Directions		
Tandoori Chicken					1. Combine Greek yogurt, garlic, lemon juice, chili powder, garam		
Greek yogurt, plain, low-fat		1 cup		1 qt		ka, salt, and ginger in a bowl or container large	
Garlic, minced		2 Tbsp		1/2 cup	enough to hold the chicken.		
Lemon juice		2 Tbsp		1/2 cup	2. Blot chicken dry with paper towels and cut 2 deep slits in each leg.		
Chili powder		2 Tbsp		1/2 cup			
Garam masala		2 Tbsp		1/2 cup	3. Add chicken to bowl with marinade. Using gloved hands, mix to coat, ensuring marinade gets inside cuts. Marinate for a minimum		
Cumin		1 Tbsp + 3/4 tsp		1/4 cup + 1 Tbsp			
Paprika		2 tsp		2 Tbsp + 2 tsp	hours and up to 24 hours for the best flavor.		
Salt		2 tsp		2 Tbsp + 2 tsp	4. On day of service, preheat oven to 425° F. Prepare sheet pans wit		
Ginger, ground		1 tsp		1 Tbsp + 1 tsp		ase. Use 4 sheet pans for 96 servings; 24	
Chicken, drumsticks, skinless	5 lb 10 oz	24 each	22 lb 8 oz	96 each	drumsticks per pan.		
						nade off chicken and place on prepared sheet	
Raita Dip						minutes or until internal temperature reaches	
Greek yogurt, plain, low-fat		3 cups		3 qts	-165° F.		
Cilantro, chopped		1/2 cup		2 cups	CCP: Heat to 165°F or	r higher.	
Cucumber, diced 1/4"	1.1 oz	3 Tbsp	4.4 oz	3/4 cup	CCP: Hold for hot service at 135°F or higher.		
Onion, red, diced 1/4"	1.2 oz	3 Tbsp	4.6 oz	3/4 cup	CCP: No bare hand co	ontact with ready to eat food.	

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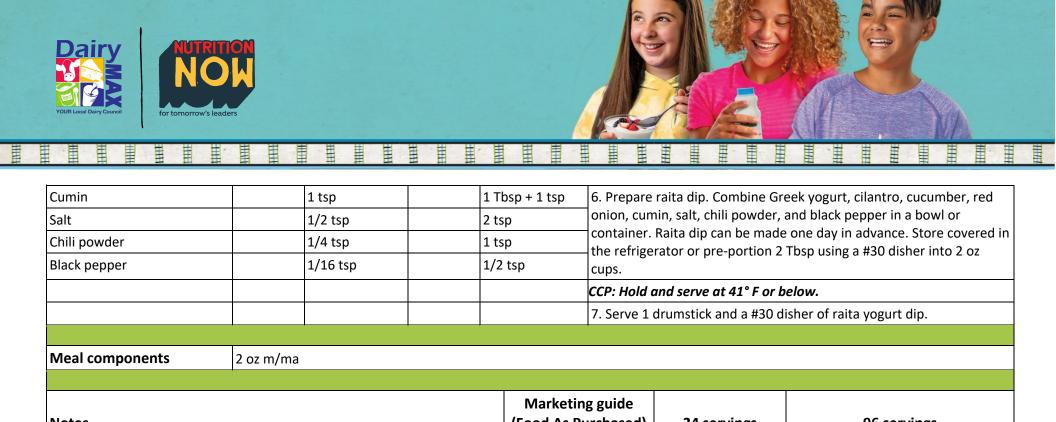
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	Notes	(Food As Purchased)	24 servings	96 servings
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.		Cilantro, fresh	.5 oz	1.8 oz
		Cucumber, fresh	1.1 oz	4.4 oz
		Onions, fresh	1.3 oz	5.2 oz

The drumstick contributes 1.8 oz m/ma without the raita dip.

**Serving** One serving provides 2 oz m/ma.

## Nutrients per serving

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Calories	190	kcal	Sat Fat	2	g
Protein	31	g	Chol	136	mg
Carb	3	g	Sodium	459	mg
Total Fat	6	g	Dietary Fiber	<1	g