



Jennette Turner

Dinner with Jennette

Meal Plans for Natural Healthy Eating

Sample Meal

Tandoori Chicken

Roasted Potatoes

Green Salad with Creamy Yogurt Dressing

Tandoori Chicken *(Makes 4 servings)*

This classic Indian dish is great grilled or baked. You can either buy a whole chicken and cut it yourself, or buy chicken pieces. And, you can remove the skin or keep it on – your preference.

2-3 lbs. bone-in chicken, in pieces – breast pieces should be cut in half.

½ c. plain yogurt

2 T. lemon juice, fresh OR bottled

1 tsp. salt

½ tsp. turmeric

½ tsp. ground ginger

½ tsp. cumin

1 tsp. ground coriander

2 T. coconut oil OR olive oil

1-2 cloves garlic, minced

1. Combine everything except chicken in a large mixing bowl, and mix well.
2. Add the chicken and make sure each piece gets coated well. Let marinate for 10 minutes.
3. **To grill:** Place chicken pieces over moderately high heat. Cook for 10-12 minutes on each side, until done.
4. **To bake:** Place chicken pieces on a lightly greased baking pan. Bake at 350°F for 20 minutes on each side, until done.

Helpful Hint: Tandoori chicken is great cold and makes fun picnic food. You could double the recipe and have it leftover.

Nutrition Tip: The substance that gives turmeric its bright yellow-orange color, curcumin, has potent anti-inflammatory properties. It has been shown to be especially beneficial in treating inflammatory bowel conditions, including Crohn's disease and ulcerative colitis.

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Roasted Potatoes *(Makes 4 servings)*

These can be made in the oven or on the grill. Use blue, red or purple potatoes if you can find them- they have a nice nutty flavor, a good texture and the color nicely complements the yellow Tandoori chicken.

1½ lb. potatoes, scrubbed well and chopped salt
into bite-size pieces pepper
olive oil

1. **To bake:** Lightly coat potatoes with olive oil and sprinkle with salt and pepper. Bake at 350°F (with the chicken) for 35-40 minutes, turning once, until tender.
2. **To grill:** Steam potatoes until just tender, around 10-15 minutes. Lightly coat them with olive oil and sprinkle with salt and pepper. Place in a grill rack or wrap in aluminum foil, and grill for 6-7 minutes. Turn and continue grilling another 5 minutes.

Nutrition Tip: Blue, red and purple potatoes have a higher nutrient content than regular white potatoes.

Green Salad with Creamy Yogurt Dressing *(Makes 4 servings)*

This simple dressing is really versatile - try it on plain tomato slices, too.

1 head romaine OR other lettuce, washed ¼ - ½ tsp. salt
and chopped into bite-size pieces 2 T. lemon juice, fresh OR bottled
dressing: 1 T. minced chives OR 1 clove garlic, minced
½ c. plain yogurt ¼ c. olive oil

Option: 1-2 medium ripe red tomatoes, chopped

1. In a small mixing bowl, combine yogurt, salt, lemon juice and chives OR garlic. Mix well.
2. Whisk olive oil into yogurt mixture until smooth and creamy.
3. Toss lettuce and tomato, if using together. Serve with dressing.

Nutrition Tip: Chives, like all members of the onion family, contain sulphuric compounds that are natural antibiotics and help promote blood flow.

SHOPPING LIST

Produce

1 lemon, IF using fresh juice
garlic
1½ lbs. potatoes, preferably blue, red or purple
1 head romaine OR other lettuce
fresh chives, IF using instead of garlic - FOR SALAD
OPTION FOR SALAD: 1-2 medium red ripe tomatoes

Bulk / Grocery

bottled lemon juice, IF using bottled juice

Meat/Seafood

2-3 lbs. bone-in chicken, in pieces

Dairy

1 c. (8 oz.) plain yogurt

Herbs / Spices

turmeric
ground ginger
ground cumin
ground coriander