



Nourish your body with FREE school lunch. In October we are celebrating school lunch by having a new item on the menu

India Chicken Tika Masala and Kabuli Pulao.

Try this new dish on Thursday, October 13. School meals are nutritious, they provide whole grains, milk, fruits and vegetables. School meals can improve overall diet quality.

BETTER HEALTH = BETTER LEARNERS
Try a free school meal!

Happy World Vegetarian Day October 1st

*Look for vegetarian options
in the cafeteria.*



MAKE THIS AT HOME

Tandoori Chicken Skewers

Ingredients:

- 3 boneless chicken breast, about 2 1/2 lbs
- 1 cup plain low fat yogurt
- 3 tablespoon lime juice
- 1 tablespoon fresh grated ginger
- 1 teaspoon turmeric
- 1 teaspoon ground coriander
- 1 teaspoon cumin
- 1/2 teaspoon cardamom
- 1/4 teaspoon cayenne pepper
- 1/4 ground cloves
- 1/4 teaspoon salt
- 4 tablespoon vegetable oil
- 2 limes cut in wedges (optional)
- 1/2 cup chopped min leaves (optional)

Directions:

1. Wash hand with soap and water
2. Cut chicken in 1-1/2 inch pieces. Place in medium bowl.
3. Combine yogurt, lime, ginger, turmeric, coriander, cumin, cardamom, cayenne pepper cloves, and salt. Mix well. Pour yogurt mixture over chicken and toss to coat chicken.
4. Cover and refrigerate 4 hours to overnight.
5. Remove chicken, discard marinade.
6. Thread chicken on skewers, brush with oil.
7. Place chicken skewers on grill or large skillet over medium heat.
8. Cook for 10-12 minutes or until chicken reaches 165 degrees Fahrenheit.

Tips:

- Tandoori chicken is a popular dish in Bangladesh, India, and Pakistan.
- Marinating meat in yogurt helps to flavor and tenderize it.
- Substitute all the spices for 2 tablespoons of curry powder.
- Serve with rice, naan, or homemade chapati flatbread.

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