

Chaat masala-spiced paneer and vegetable skewers

Ingredients

- 10 ounces paneer, cut in 2-inch cubes
- 1 onion, cut in 1-inch cubes
- 1 bell pepper, cut in 1-inch cubes
- 2 cups cooked brown rice
- Extra Greek yogurt or chutney to serve, if desired

Marinade

- 5 ounces Greek yogurt, about 9 tablespoons
- ½ tablespoon grated ginger
- 1 tablespoon minced garlic
- 1 tablespoon expeller pressed organic canola oil
- 2 teaspoons ground coriander
- 1 teaspoon chaat masala or garam masala spice
- ¾ teaspoon garam masala
- ¼–½ teaspoon cayenne powder, adjust to taste
- ½ teaspoon salt
- 2 lemons, juiced (reserve half for after cooking)
- 2 tablespoons chopped cilantro
- 2 tablespoons chopped mint



Nutritional Information

Servings: 4

Cost: \$12.25/\$3.06 per serving

Calories: 464 per serving

Directions

- Combine marinade ingredients, mix well.
- Add paneer and vegetables to marinade, coat well.
- Marinate at least 2 hours and up to 12 hours.
- Preheat oven to 450 degrees.
- Line baking sheet with parchment and coat well with oil.
- Skewer marinated paneer and vegetables, rotating between the three.
- Bake for 5 minutes. Then broil for 3 minutes, rotating skewers halfway.
- Remove from oven, drizzle skewers with reserved lemon juice.
- Serve with ½ cup brown rice.
- Add a dollop of Greek yogurt or chutney, if desired.