



TANDOORI CHICKEN LEGS WITH RAITA DIP

Recipe Project Name/Written By:	Dairy MAX
Recipe Category:	Lunch, Speed Scratch
Cooking Process:	#2 Same Day Service
Prep Time:	1 hour 10 minutes
Cook Time:	25 minutes
Total Time:	1 hour 35 minutes
K-12 Portion Size:	1 drumstick + #30 disher dip

Meal Pattern Contribution: 2 oz eq m/ma

INGREDIENTS	24 Servings		96 Servings	
	Weight	Measure	Weight	Measure
TANDOORI CHICKEN:				
Yogurt, Greek, plain, non-fat		1 c		1 qt
Garlic, minced		2 Tbsp		1/2 c
Lemon juice		2 Tbsp		1/2 c
Chili powder		2 Tbsp		1/2 c
Garam masala		2 Tbsp		1/2 c
Cumin		1 Tbsp + 3/4 tsp		1/4 c + 1 Tbsp
Paprika		2 tsp		2 Tbsp + 2 tsp
Salt		2 tsp		2 Tbsp + 2 tsp
Ginger, ground		1 tsp		1 Tbsp + 1 tsp
Chicken pieces, drumsticks, skinless		24 each		96 each
RAITA DIP:				
Yogurt, Greek, plain, fat-free		3 cups		3 qt
Cilantro, chopped		1/2 cup		2 c
Cucumber, diced 1/4"		3 Tbsp		3/4 c
Onion, red, diced 1/4"		3 Tbsp		3/4 c
Cumin		1 tsp		1 Tbsp + 1 tsp
Salt		1/2 tsp		2 tsp
Chili powder		1/4 tsp		1 tsp
Black pepper		1/16 tsp		1/2 tsp

DIRECTIONS
CCP: No bare hand contact with ready to eat food.
1. Combine Greek yogurt, garlic, lemon juice, chili powder, garam masala, cumin, paprika, salt and ginger in a bowl or container large enough to hold the chicken.
2. Using gloved hands, rinse chicken and blot dry with paper towels. Cut 2 deep slits in each leg.
3. Add chicken to bowl with marinade. Using gloved hands, mix to coat, ensuring marinade gets inside cuts. Marinate for a minimum of 4 hours and up to 24 hours for the best flavor.
4. On day of service, preheat oven to 425° F. Prepare sheet pans with pan liners or pan release. Use four sheet pans for 96 servings; 24 drumsticks per pan.
5. Using gloved hands, shake excess marinade off chicken and place on prepared sheet pans. Bake for 20-25 minutes or until internal temperature reaches 165° F.
CCP: Heat to 165°F or higher for at least 15 seconds.
CCP: Hold and serve at 135° F or higher.
CCP: No bare hand contact with ready to eat food.
6. Prepare raita dip: Combine Greek yogurt, cilantro, cucumber, red onion, cumin, salt, chili powder and black pepper in a bowl or container. Raita dip can be made one day in advance. Store covered in the refrigerator or pre-portion 2 tablespoons using a #30 disher into 2-ounce cups.
CCP: Hold and serve at 41° F or below.
7. Serve 1 drumstick with a 2-ounce cup of raita dip.

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NUTRITION INFORMATION

Serving Size 1 drumstick + #30 raita dip

NUTRIENTS AMOUNT

Calories 238

Total Fat 12 g

Saturated Fat 3 g

Cholesterol 122 mg

Sodium 417 mg

Total Carbohydrate 3 g

Dietary Fiber 0.6 g

Total Sugars 2 g

Added Sugars 0 g

Protein 27 g

Vitamin D 0.1 mcg

Calcium 67 mg

Iron 1.7 mg

Potassium 374 mg

N/A=data not available.

ALLERGENS: Milk

Allergen and nutrient information may vary based on the specific products and ingredients used on site.

*MARKETING GUIDE

Food as Purchased for	24 Servings	96 Servings
Cucumber, fresh	1.1 oz	4.4 oz
Onions, fresh	1.3 oz	5.2 oz
Cilantro, fresh	0.5 oz	1.8 oz

NOTES

*See Marketing Guide for AP (As Purchased) weights when EP (Edible Portion) weights are provided in the recipe.

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

YIELD/VOLUME

24 Servings	96 Servings
Raita Dip: 3 c	Raita Dip: 3 qt

