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Dal Masala

Ingredients

- 1 cup cooked (boiled & drained) yellow split peas (you can substitute canned green peas if you're desperate)
- 6 oz grilled chicken breast, cubed
- 1 medium onion, chopped
- 2 medium tomatoes, chopped
- 1/2 cup nonfat plain yogurt
- 1/2 whole-wheat tortilla

Directions

1. Stir fry the onions, garlic, and ginger in a nonstick skillet with Pam over medium heat for about 5 minutes, until onions start to brown.
2. Add chopped tomatoes and about 1/2-1 cup of water to mixture (or chicken stock), add masala powder and salt to taste
3. Bring to a boil; add the chicken, then stir-in the yogurt 1 tablespoon at a time.
4. Eat with a heated wheat tortilla.