



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Baked Turmeric Chicken*

Serving size: 4 oz chicken breast

### **Ingredients:**

- 6, 4-ounce chicken breasts (skinless, boneless)
- 2 tablespoons oil (olive, canola, avocado)
- 2 garlic cloves (minced)
- 1 tablespoon paprika
- 1 teaspoon ground turmeric
- 1/4 teaspoon salt, or to taste
- 1/2 teaspoon ground black pepper, or to taste



### **Directions:**

1. Preheat the oven to 400°F.
2. In a medium bowl, mix all ingredients together until chicken is evenly coated.
3. Transfer mixture to a baking dish and bake: ~30-40 minutes if drumsticks, or 8-10 minutes per side if chicken breasts, until chicken is brown and cooked through to internal temperature of 165°F.

### **Nutrition Tips:**

1. You can adapt this recipe to use a different cut of chicken (per personal preference), such as drumsticks, bone-in skinless thighs, or boneless chicken breast. Pay attention to temperature when cooked or “doneness”. Chicken needs to be cooked to an internal temperature of 165F.
2. Turmeric is commonly used in Asian cuisine, giving a bright orange/yellow color to foods such as curries. Turmeric powder is rich in a chemical called curcumin, known for its anti-inflammatory, antioxidant, anti-fungal, and anti-bacterial properties.
3. When incorporating turmeric in recipes, include a small amount of black pepper (1/8-1/4 tsp), as studies show the active component in turmeric (curcumin) is more readily absorbed and utilized within the body when combined with black pepper rich in piperine.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.