

Fusion Shahi Paneer

Ingredients:

1. 2 small packets of paneer (approximately 200 grams)
2. 1 small onion, chopped
3. 4 medium tomatoes, diced, or 8 small canned tomatoes
4. 1 cup pasta sauce, penne vodka or any tomato-based sauce
5. 1/2 cup fat-free or low-fat plain yogurt
6. 1 tablespoon **Gold Sun Extra Light Olive Oil**
7. 2 garlic cloves, or 1/4 teaspoon minced garlic
8. 1/3 teaspoon cumin for flavor
9. 1/4 salt to taste, 1 cup water

Method:

- * Grease an 8-inch pan with a thin layer of **Gold Sun Extra Light Olive Oil** or vegetable oil, or coat it with nonstick spray.
- * Preheat oven to 350 degrees F.
- * Bake the paneer for 30-40 minutes. It can even be grilled immediately for 4 or 5 minutes. Watch closely. Heat a skillet or medium saucepan, and add onions, garlic, and cumin.
- * Cook for 5-8 minutes, covered, since the cumin will cause the mixture to splutter if these ingredients were not added with the heat turned off.
- * Watch closely since these ingredients get heated quickly. When the onions are translucent, the garlic is a light golden brown, and the cumin has settled down, add the tomatoes, the tomato paste, and the yogurt. Add the water, and simmer for approximately 8-10 minutes, stirring constantly.
- * Add the baked and/or grilled paneer and stir until well mixed. Garnish with cilantro leaves or coriander seeds. Add salt to taste. Serve hot with flatbreads or rice.