



YOGURT-AND-SPICE GRILLED CHICKEN SKEWERS

Basic Lifestyle

Ingredients

1-1/2 lbs. skinless, boneless chicken breasts, trimmed of fat
12 metal or wooden skewers

Dipping Sauce:

1/3 cup honey-mustard
2/3 cup reduced-fat or fat-free sour cream

Marinade:

1 cup plain low-fat yogurt
1 TSP paprika
1 TSP onion powder
1 TSP garlic powder
½ to 1 TSP chili powder
1/4 TSP ground cayenne pepper
½ TSP Morton's Lite salt

Instructions

1. For the dipping sauce, mix the honey mustard and sour cream in a small bowl. Cover and refrigerate until needed. This sauce can be made up to 2 days in advance.
2. For the marinade, whisk together all marinade ingredients. Set aside.
3. Cut each chicken breast lengthwise into 4 long, thin strips. You should end up with about 12 strips.
4. Place the strips into a gallon-size zip top plastic bag. Put the marinade mixture over the chicken, and close the bag. Then flip the bag a few times to ensure that all pieces are coated with marinade, and refrigerate for at least 4 hours or overnight.
5. When ready to cook, transfer the chicken to a colander to drain off excess marinade. With clean hands, skewer each piece of chicken, threading it onto the end of a skewer. Continue until all of the chicken pieces are skewered.
6. Preheat the grill or grill pan to medium heat. Cook for about 2-1/2 minutes on each side, testing chicken for doneness before serving (chicken should be opaque). Transfer skewers to a clean platter.
7. Remove the chicken from the skewers, if desired. Serve chicken while hot with the dipping sauce alongside.

Portion-Per-Serving Information: (Yields 5-6 servings)

Serving = 2 skewers + 2-1/2 TBS dipping sauce = 1 P