



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*

*(Soak wooden skewers to keep them from burning. Stand them in a tall glass or pitcher of water for a few hours or overnight.)

For Dipping Sauce

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

For 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
½ TSP salt

INSTRUCTIONS

—**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.

—**For the marinade**, whisk together all marinade ingredients. Set aside.

—Cut each chicken breast lengthwise into 4 long, thin strips. You should end up with 12 strips.

—Place strips into gallon-size zip-top plastic bag. Put marinade mixture over the chicken, and close the bag. Then flip bag a few times to ensure all pieces are coated with marinade. Refrigerate for at least 4 hours or overnight.

—When ready to cook, transfer 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 chicken pieces are skewered.

—Preheat 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 platter.

—Remove chicken from skewers, if desired. Serve chicken while hot with the dipping sauce alongside.

SERVING INFO: (Yields 6 servings):

2 skewers + 2-1/2 TBS dipping sauce = 1 P, ½ FT

See photo of recipe at [Instagram](#) and [Facebook](#).