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SPICED CHICKEN THIGHS WITH YOGURT SAUCE	Final Lifestyle
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Ingredients

- 1 cup uncooked couscous
- 1 TSP ground cumin
- 1 TSP ground coriander
- 1 TSP ground turmeric
- 1/4 TSP ground ginger
- 1/4 TSP salt, divided
- 8 skinless ,boneless chicken thighs (about 1 1/2 pounds)
- Cooking spray
- 1/4 cup chopped fresh cilantro
- 1 TSP bottled minced garlic
- 1 (6 ounce) carton plain fat-free yogurt
- Cilantro sprigs (optional)

Instructions

1. Cook couscous according to package directions, omitting salt and fat.
2. Combine cumin and next 4 ingredients in a bowl; stir in 1/4 TSP salt. Sprinkle spice mixture over chicken. Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Add chicken to pan; cook 6 minutes on each side or until done.
3. Combine 1/4 TSP salt, chopped cilantro, garlic, and yogurt in a bowl, stirring well. Serve with chicken and couscous. Garnish with cilantro sprigs, if desired.

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 2 chicken thighs + 1/4 cup yogurt mixture + 1/2 cup couscous = 1 P, 1 G