



Hip-Hip-Hooray Chicken Satay



1/6th of recipe (2 skewers with sauce): 115 calories, 3.5g total fat (0.5g sat. fat), 300mg sodium, 4.5g carbs, 0.5g fiber, 2.5g sugars, 15g protein

Prep: 15 minutes **Cook:** 15 minutes



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Ingredients

12 oz. raw boneless skinless lean chicken breast cutlets
1/4 tsp. salt
1/8 tsp. curry powder
1/8 tsp. black pepper
1/3 cup plain light soymilk
2 tbsp. reduced-fat peanut butter
1 1/2 tbsp. reduced-sodium/lite soy sauce
1 tsp. granulated sugar
1/4 tsp. crushed garlic
1/2 tsp. dried minced onion
1/8 tsp. cayenne pepper
1/4 cup fat-free plain yogurt

Directions

Bring a grill sprayed with nonstick spray to medium-high heat.

Sprinkle chicken with salt, curry powder, and black pepper. Evenly cut into 12 strips, and thread each strip onto a skewer.

With the grill cover down, grill for 2 - 3 minutes per side, or until cooked through.

Meanwhile, combine all remaining ingredients *except* yogurt in a medium microwave-safe bowl. Microwave for 1 minute, or until hot. Mix until uniform.

Once slightly cooled, stir in yogurt.

Spoon sauce over chicken skewers or serve on the side.

MAKES 6 SERVINGS

HG Heads-Up! If using wooden skewers, presoak them in water for 30 minutes to prevent burning.

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