



Curry Yogurt Chicken Kebabs

Makes 6 kebabs • Prep Time: 10 minutes + marinating • Cook Time: 20 minutes

Ingredients:

1½ pounds boneless, skinless chicken breast, fat trimmed	½ teaspoon fresh ginger, minced
½ cup  low fat plain yogurt	1 large red bell pepper
1½ Tablespoons curry powder	1 large mango*
	6 skewers

If using wooden skewers, soak in water for at least 30 minutes. Cut the chicken into approximately 24 1-inch pieces. Combine the yogurt, curry and ginger in a bowl. Add the curry mixture to the chicken and coat well. Cover and marinate in refrigerator for at least 1 hour, no more than 3 hours. While chicken is marinating, cut the red pepper and mango, if needed, into approximately 12 1-inch pieces. When ready to cook, preheat oven to 350°F. Skewer the kebabs in this order: chicken, pepper, chicken, mango, chicken, pepper, chicken, ending in mango. Spray cooking sheet with non-stick spray. Place kebabs on the cookie sheet and cook for 15–20 minutes or until the internal temperature of a large piece of chicken is 165°F. Serve over Basmati rice and Cucumber Mango Raita.

*Canned precut mango may be used.

Per serving (not including rice or Raita): 150 calories, 2g fat, 0g saturated fat, 75mg cholesterol, 100mg sodium, 7g carbohydrate, 1g fiber, 6g sugars, 27g protein

