

Curry Chicken

Ingredients:

- 2 boneless, skinless chicken breasts
- 6 ounces plain low-fat yogurt (one container)
- 1 1/2 teaspoons cilantro
- 1 1/2 teaspoons curry powder

Equipment:

- Square casserole dish
- Mixing bowl
- Mixing spoon
- Measuring spoons

Number of Servings: 2
 Prep Time: 10 minutes
 Total Time: 45 minutes

Directions

1. Preheat oven to 375°F. Spray a 9 x 9 baking dish with non stick spray. Set aside.
2. Combine yogurt, cilantro, and curry powder in a shallow bowl.
3. Add chicken to yogurt sauce and coat evenly.
4. Place chicken in baking dish.
5. Spoon remainder of yogurt sauce on top of the chicken.
6. Bake chicken for 35 minutes or until it's no longer pink in the middle and internal temperature is 165°F.

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Nutrition Facts

Serving Size: 1 breast			
Servings: 2			
Amount Per Serving		Calories from Fat 27	
Calories 163			
	%Daily Value*		
Total Fat 3g			5%
Saturated Fat 1g			6%
Cholesterol 74mg			25%
Sodium 138mg			6%
Total Carbohydrate 7g			2%
Dietary Fiber 1g			2%
Protein 32g			64%
Vitamin A 4%		Vitamin C 8%	
Iron 9%		Calcium 18%	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>			

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