



Indian-Style Chicken with Curried Yogurt Sauce and Brown Rice

½ cup nonfat plain yogurt

1 teaspoon curry powder

8 ounces skinless, boneless chicken breast, butterflied and thinly sliced

2 cups cooked brown rice

2 ½ cups thinly sliced, peeled cucumber

¼ teaspoons ground coriander

½ teaspoon ground paprika

Salt and cracked black pepper to taste

Cooking Oil spray

1. Combine the yogurt, curry powders, coriander, paprika, salt, and pepper. Pour 3/4 of the mixture into a Ziploc bag. Add the chicken, seal, and refrigerate for 20 minutes. Drain the chicken and discard the marinade. Coat a nonstick skillet with cooking spray and heat the skillet. Add the chicken and sear on each side until golden brown. Cover the pan and reduce the heat to medium. Cook for 1 minute more and remove from the heat.

To Serve: Place the chicken and brown rice on plates. Top the chicken with the remaining yogurt sauce and the sliced cucumbers.

Servings: 2