

## Yogurt Curry Chicken

*Life is sort of busy, so you can't run away to Thailand for a nice vacation. Might as well bring Thailand to you. This recipe is packed with a sweet, yet spicy curry kick that may leave you speechless! Use the leftover cooked marinade as a sauce for brown rice or red radishes, two sides that go GREAT with this chicken! You can marinate the chicken for 2-24 hours in the fridge, or you can portion out the chicken and marinade in to separate baggies and freeze for up to 3 months! When the time is right, grab the baggie out of the freezer, thaw, and cook as you wish! Enjoy!*

### **Ingredients:**

¼ cup	Greek yogurt, plain
2 tsp	Lime juice
¼ tsp	Salt
1 tbsp	Curry powder
1 tsp	Stevia
8 oz	Boneless, skinless chicken breast, cut in half

### **Directions:**

1. Whisk together all the ingredients, except the chicken and water, to make the marinade.
2. Split the marinade in to two heavy duty baggies.
3. Add 4 oz of chicken in to each baggie.
4. Close tightly and place in the fridge for 2-24 hours to marinate OR place in the freezer up to 3 months.
5. When ready to cook, heat the oven to 425 degrees F or fire up the grill.
6. Bake in and 8x8 dish for 15 minutes. After 15 minutes, flip the chicken and cook another 15-20 minutes. The center of the chicken should have no pink and reach 165 degrees F.
7. If grilling, follow the same instructions. If the flame is large, consider flipping multiple times until the center is fully cooked.

Servings: 2 servings  
 Serving size: 4 oz breast

Yogurt Curry Chicken		
Nutrition Facts		
Serving Size: 1 × 4 oz breast		
Amount Per Serving		% Daily Value*
<b>Calories</b>	143.8 kcal	7 %
<b>Total Fat</b>	3.1 g	5 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
<b>Cholesterol</b>	66.5 mg	22 %
<b>Sodium</b>	310.6 mg	13 %
<b>Total Carbohydrate</b>	4.7 g	2 %
Dietary Fiber	1.8 g	7 %
Sugars	1.5 g	
<b>Protein</b>	26.7 g	53 %
<b>Vitamin A</b>	0 %	<b>Vitamin C</b> 11 %
<b>Calcium</b>	5 %	<b>Iron</b> 8 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at [cronometer.com](http://cronometer.com)      </>