

Chicken in Fragrant Spices*

Using a technique called scoring helps ensure that a marinade penetrates deep into the potentially tough chicken fibers.

Number of Servings: 6 Serving Size: 3-4 oz.

Ingredients	Measure	Weight	Nutrition Information	
			Amount per serving	
boneless, skinless chicken breasts	---	1 1/2 lb	Calories	140
garlic clove, minced	3 ea	---	Calories From Fat	26
ginger, minced	2 Tbsp	---	Total Fat	3 g
cumin	1 Tbsp	---	Saturated Fat	1 g
tumeric	1/2 tsp	---	Cholesterol	69 mg
plain nonfat yogurt, stirred until smooth	1/4 cup	---	Sodium	66 mg
			Total Carbohydrate	1 g
			Dietary Fiber	0 g
			Sugars	1 g
			Protein	26 g

Preparation Instructions

1. Make three diagonal slashes in the flesh of each chicken breast. Combine all remaining ingredients. Add the chicken breasts and coat well with the mixture. Marinate at least 8 hours or up to 48 hours.
2. Prepare an outside grill with an oiled rack set 4 inches above the heat source. On a gas grill, set the heat to high. Grill the chicken breasts for 3-4 minutes on each side until the chicken is cooked through.

* From the American Diabetes Association website.