



Spiced Chicken Thighs with Yogurt Sauce

The yogurt sauces cooling effect balances the heat of the chicken.

- 1 cup uncooked couscous
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground red pepper
- 1/2 teaspoon salt, divided
- 8 skinless, boneless chicken thighs (about 1 1/2 pounds)
- Cooking spray
- 1/4 cup chopped fresh cilantro
- 1 teaspoon bottled minced garlic
- 1 (6 ounce) carton plain fat free yogurt
- cilantro sprigs (optional)

1. Cook couscous according to the package directions, omitting salt and fat.
2. Combine cumin and next 4 ingredients (through pepper) in a bowl.
3. Stir in 1/4 teaspoon salt. Sprinkle spice mixture over medium heat.
4. Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Add chicken to pan; cook 6 minutes on each side or until done.
5. Combine remaining 1/4 teaspoon salt, chopped cilantro, garlic and yogurt in a bowl, stirring well. Serve with chicken and couscous. Garnish with cilantro sprigs, if desired.

Yield: 4 servings (serving size: 2 chicken thighs, about 1/4 cup yogurt mixture, and 1/2 cup couscous).

Source: Cooking Light, June 2007

CALORIES 335(31% from fat) FAT 11.7g (SAT 3.3g, mono 4.4g, poly 2.7); PROTEIN 32.6g: CARB 22.5g FIBER 1.5g
CHOL 100 mg IRON 2.2mg SODIUM 425 mg CALC 111mg