

Summer Grilling Recipe

Curried Chicken Kabobs* with Minty Couscous Serves 4

1 clove garlic pressed or minced
½ c. plain nonfat yogurt
3 TBSP. peeled minced ginger root
2 TBSP. honey
2 TBSP. plus 1 tsp. fresh lime juice
2 TBSP. curry powder
1 tsp. kosher salt
1 lb. boneless skinless chicken thighs trimmed and cut into 1 inch chunks
Nonstick cooking spray
2 cups vegetable or chicken stock
1 cup whole wheat couscous
1 bunch scallions, thinly sliced
3 TBSP. chopped mint
1 tsp. lime zest

1. In a med. bowl, whisk together garlic, yogurt, ginger, honey, 2TBSP lime juice, curry powder and salt. Reserve ¼ cup yogurt mixture for serving.
2. Place chicken in a large Ziploc bag, add yogurt mixture squeeze out the air as you seal the bag turn a few times to coat the chicken .Marinate in the fridge 2 hours or up to one day.
3. Preheat the grill and spray with cooking spray or brush with olive oil.
4. Thread the chicken onto four skewers and discard the marinade. Grill until chicken is cooked.
5. Meanwhile bring broth to a boil in a medium saucepan. Add couscous and scallions; reduce heat and bring to a simmer. Cover and remove from heat. Let stand until liquid is absorbed, about 5 minutes. Add mint, lime zest and remaining lime juice and fluff with a fork.
6. Serve couscous with the skewers. Drizzle with remaining curry sauce and garnish with parsley or cilantro if desired.

Nutrition Facts per serving:

441 calories, 35 g protein, 63 g carbohydrates, 7 g fat(1.7 sat.)9 g. fiber

* Since I am a vegetarian I made veggie kabobs using the vegetable broth in the couscous & it was delicious!