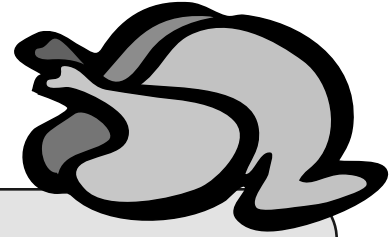


TRY THIS AT HOME:  
**Curious Curry Chicken**



**You will need:**

2, 4-ounce boneless,  
skinless chicken breasts  
4-ounces plain or vanilla yogurt  
(or soy yogurt)

**PREP TIME: 10 minutes**

1 1/2 teaspoons cilantro  
1 1/2 teaspoons curry powder

**Chicken and yogurt, that's curious!**

1. Preheat oven to 375 degrees Fahrenheit.
2. Combine yogurt, cilantro and curry powder in a shallow bowl.
3. Add chicken to yogurt sauce and coat evenly.
4. Place chicken in a greased casserole dish.
5. Spoon remainder of yogurt sauce on top of the chicken.
6. Bake chicken for 35 minutes or until the inside temperature is 165 degrees Fahrenheit.

SERVING SIZE: 1 chicken breast

**Fun Fact**

Chicken is naturally lower in fat than many meats. But watch out breaded and fried chicken have lots of added fat. For healthier options, try eating baked or grilled chicken. Remove the skin from chicken for an even leaner dish!