



Curry Chicken Strips with Sesame and Lemon

Makes 6 servings

Preparation

Blend yogurt and chutney in processor. Add cilantro and process 5 seconds. Transfer sauce to small bowl. (can be prepared one day ahead. cover and chill.)

Arrange chicken in shallow dish. Pour lemon juice over.

Refrigerate at least 15 minutes and up to 30 minutes, turning chicken occasionally.

Preheat oven to 400°F. Lightly grease baking sheet.

Drain chicken. **Combine** sesame seeds and garlic in shallow bowl. **Sprinkle** both sides of chicken with curry powder. Season with salt and pepper. **Press** chicken into sesame seed mixture, coating completely.

Arrange chicken on prepared sheet. **Bake** chicken until just cooked through, about 20 minutes. Let stand 15 mins. **Cut** chicken crosswise into 1/2-inch-wide strips. **Arrange** chickenstrips around edge of serving platter. **Place** chutney dip in center and serve.

Ingredients

$\frac{1}{2}$ cup plain low-fat yogurt

$\frac{1}{3}$ cup purchased mango chutney (such as Major Grey's)

2 tablespoons chopped fresh cilantro

4 boneless skinless chicken breast halves

$\frac{1}{2}$ cup fresh lemon juice

$\frac{3}{4}$ cup sesame seeds

4 large garlic cloves, minced

4 teaspoons curry powder