

CHICKEN STRIPS

WITH SESAME, LEMON, AND CURRY

MAKES 6 SERVINGS

PREPARATION

Blend yogurt and chutney in processor. Add cilantro and process 5 seconds. Transfer sauce to small bowl. (Can be prepared 1 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.

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Let stand 15 minutes. Cut chicken crosswise into ½-inch-wide strips. Arrange chicken strips around edge of serving platter. Place chutney dip in center and serve.

INGREDIENTS

- ½ c plain low-fat yogurt
- ⅓ c purchased mango chutney (such as Major Grey's)
- 2 Tbsp chopped fresh cilantro
- 4 boneless skinless chicken breast halves
- ½ c fresh lemon juice
- ¾ c sesame seeds
- 4 lg garlic cloves, minced
- 4 tsp curry powder