

Curry Chicken Strips

with Sesame and Lemon

Ingredients

- ½ cup plain low-fat yogurt
- ⅓ cup purchased mango chutney
- 2 tbsp chopped fresh cilantro
- 4 boneless skinless chicken breasts, halved
- ½ cup fresh lemon juice
- ¾ cup sesame seeds
- 4 large garlic cloves, minced
- 4 tsp curry powder

Directions

- 1 Blend yogurt and chutney in processor. Add cilantro and process 5 seconds.
- 2 Transfer sauce to small bowl.
- 3 Arrange chicken in shallow dish. Pour lemon juice

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

- 4 Preheat oven to 400° F. Lightly grease baking sheet. Drain chicken.

- 5 Combine sesame seeds and garlic in shallow bowl.

- 6 Sprinkle both sides of chicken with curry powder. Season with salt and pepper. Press chicken into sesame seed mixture, coating completely.

- 7 Arrange chicken on prepared sheet.

- 8 Bake chicken until just cooked through, about 20 minutes. Let stand 15 minutes. Cut chicken crosswise into ½-inch-wide strips.

Can be prepared 1 day ahead. Cover and chill.

Arrange chicken strips around edge of serving platter. Place chutney dip in center and serve.

Makes 6 servings