



HG Hot Couple: Yogurt-Marinated Grilled Chicken

PER SERVING (1/2 of recipe): 204 calories, 2g fat, 134mg sodium, 2g carbs, 0g fiber, 2g sugars, 39g protein -- **PointsPlus®** value 4*

Prep: 10 minutes

Chill: 1 hour

Cook: 15 minutes



Ingredients:

12 oz. raw boneless skinless lean chicken breast, cut into 1 1/2-inch cubes
1/4 cup plain fat-free yogurt

Directions:

Place chicken in a medium bowl, top with yogurt, and stir to coat completely. Cover and refrigerate for at least 1 hour.

Thread chicken onto skewers, packing the pieces together tightly. Spray a grill or a grill pan lightly with nonstick spray, and bring it to medium-high heat. Grill for 10 - 12 minutes, covered, carefully flipping about halfway through cook time.

Once cool enough to handle, pull the chicken off the skewers and eat!

MAKES 2 SERVINGS



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