



Hip-Hip-Hooray Chicken Satay



1/6th of recipe (2 skewers with sauce): 115 calories, 3.5g total fat (0.5g sat fat), 300mg sodium, 4.5g carbs, 0.5g fiber, 2.5g sugars, 15g protein

Blue Plan (Freestyle™) SmartPoints® value 1*

Prep: 15 minutes **Cook:** 15 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

12 oz. raw boneless skinless lean chicken breast cutlets
1/4 tsp. salt
1/8 tsp. curry powder
1/8 tsp. black pepper
1/3 cup plain light soymilk
2 tbsp. reduced-fat peanut butter
1 1/2 tbsp. reduced-sodium/lite soy sauce
1 tsp. granulated sugar
1/4 tsp. crushed garlic
1/2 tsp. dried minced onion
1/8 tsp. cayenne pepper
1/4 cup fat-free plain yogurt

Directions

Bring a grill sprayed with nonstick spray to medium-high heat.

Sprinkle chicken with salt, curry powder, and black pepper. Evenly cut into 12 strips, and thread each strip onto a skewer.

With the grill cover down, grill for 2 - 3 minutes per side, or until cooked through.

Meanwhile, combine all remaining ingredients *except* yogurt in a medium microwave-safe bowl. Microwave for 1 minute, or until hot. Mix until uniform.

Once slightly cooled, stir in yogurt.

Spoon sauce over chicken skewers or serve on the side.

MAKES 6 SERVINGS

HG Heads-Up! If using wooden skewers, presoak them in water for 30 minutes to prevent burning.

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.