



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

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



More: [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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

