

Chicken

Ginger Minted Chicken

Linda Gassenheimer - The Miami Herald
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Servings: 2

1/2 cup plain non-fat yogurt
1/4 cup fresh mint, coarsely chopped
1/2 tablespoon fresh ginger, chopped
1/4 cup onion, chopped
1 teaspoon garlic, minced
1 teaspoon ground coriander
pinch cayenne
2 (6-ounce) boneless/ skinless chicken breasts
1 1/2 cups microwaveable brown rice
2 sprigs fresh mint (for garnish) (optional)

In a bowl, mix the yogurt, mint, ginger, onion, garlic, coriander and cayenne together.

Remove the visible fat from the chicken. Add the chicken to the yogurt mixture and marinate for 15 minutes, turning once.

Preheat the broiler. Line a baking tray with foil.

Broil the chicken on the top shelf about five inches from the heat for 5 minutes per side. A meat thermometer should read 165 degrees. Watch to make sure that the chicken does not burn.

Make the brown rice according to the package instructions. Measure out 1 1/2 cups and save the remaining rice for another meal.

Divide the rice between two dinner plates and serve with the chicken on top.

Add a sprig of fresh mint as a garnish, if desired.

Per Serving (excluding unknown items): 18 Calories; trace Fat (11.7% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat.