

Shish Tawook Marinated Chicken

Submitted by Cindi E.

3 tablespoons vegetable oil
2 tablespoons plain low-fat yogurt
2 tablespoons ketchup
2 tablespoons prepared mustard
1 1/2 teaspoons garlic powder
2 teaspoons paprika
1 1/2 teaspoons ground allspice
1/2 teaspoon black pepper
1/4 teaspoon ground cinnamon
1/4 teaspoon curry powder (optional)
3 pounds skinless, boneless chicken
breast halves cut into bite-size pieces

Dipping Sauce:

1/2 cup mayonnaise, fat free
1 cup plain low-fat yogurt
3 cloves garlic, minced
1/4 teaspoon salt

In a medium bowl, stir together oil, yogurt, ketchup, mustard, garlic powder, paprika, allspice, black pepper, cinnamon, and curry powder. Stir in chicken pieces, coating all sides with marinade. Cover bowl, and refrigerate overnight. To make dipping sauce, mix together mayonnaise, yogurt, garlic, and salt. Cover and refrigerate.

Preheat oven to 400 degrees F. Transfer chicken pieces to a shallow baking dish. Bake in a preheated oven 30 minutes. Serve with dipping sauce. Makes 12 servings.

Nutritional information per serving: 253 calories; 38 grams protein; 8 grams fat; 4 grams carbohydrates; 350 mg sodium