

SUNNY CHICKEN SATAY CURRY

Makes 5 servings

INGREDIENTS

1-1/4 cup plain yogurt
1/4 cup + 3 Tbsp sun butter
2-1/2 tsp reduced sodium soy sauce
1/2 tsp granulated garlic
1/2 tsp cayenne pepper
1/2 tsp curry powder
1 Tbsp + 1/8 tsp granulated sugar
5 chicken filets, thawed (1.1 lbs)
1 Tbsp + 1 tsp cilantro, chopped
1/2 cup red pepper, diced
5 cups penne pasta, whole grain, cooked

NUTRITIONAL FACTS: PER SERVING

Calories: 434	Calcium: 165 mg
Total Fat: 15 g	Protein: 29.5 g
Saturated Fat: 2 g	Carbohydrates: 47 g
Cholesterol: 47 mg	Dietary Fiber: 7 g
Sodium: 420 mg	Vitamin A: 245 IU
Iron: 3.2 mg	Vitamin C: 8 mg

INSTRUCTIONS

1. Blend the yogurt, sun butter & soy sauce together until creamy. Add all the spices, including sugar to blended yogurt base.
2. In a 9x13 pan, shingle chicken filets. Pour mixed sauce over the chicken filets, making sure to coat. Marinate for 24 hours. Cover and keep cooled below 41°F until ready to cook.
3. When ready to cook, you can keep in the pan chicken is marinated in or you can transfer to a sheet pan.
4. Cook at 300°F, heat until the internal temperature of the chicken reaches 165°F. Hold at 135°F or higher until ready to serve.
5. Just before serving sprinkle fresh chopped cilantro, red pepper over cooked chicken filets.
6. Serve 1 chicken filet and 2 oz. sauce over 1 cup cooked whole grain penne pasta. Optional: garnish with sunflower seeds and lime.

