

## SPICY CHICKEN SKEWERS WITH FENNEL YOGURT SAUCE

Generate a little “heat” at the dinner table with this spicy exotic entrée. Packed with protein, it also boasts several antioxidant-rich spices and, of course, health-enhancing “friendly” bacteria.

- 1 medium onion, finely chopped
- 1/2 small red chili pepper, deseeded and finely chopped (use a whole one if you like heat)
- 1 in (2.5 cm) fresh ginger root, peeled and finely chopped
- 2 garlic cloves, peeled and minced
- 1/2 cup (125 mL) plain yogurt
- 1 Tbsp (15 mL) curry powder
- 1/4 cup (60 mL) finely chopped cilantro
- 4 small skinless, boneless organic chicken breasts (about 1 lb/450 g)

### SAUCE

- 1 small fennel bulb, finely chopped
- 3/4 cup (180 mL) plain yogurt
- 3 Tbsp (45 mL) finely chopped cilantro
- Salt and pepper, to taste

In large bowl, mix together onion, chili pepper, ginger, and garlic. Add yogurt, curry powder, and cilantro; stir well.

Cube chicken breasts and add to yogurt mixture, coating pieces well. Cover bowl and refrigerate for a minimum of 2 to 3 hours.

In the meantime, to make fennel sauce, remove core from fennel bulb and finely chop remainder, including green tops. Mix fennel with yogurt and cilantro in bowl and season with salt and pepper to taste. Cover and chill until skewers are ready to serve.

Thread chicken onto 8 skewers and place on lightly greased grill rack. Grill under preheated broiler for 10 minutes, turning once, until chicken is nicely browned and cooked through.

Transfer skewers to serving plates and serve immediately with fennel yogurt sauce on the side.

Serves 4.

Each serving contains: 244 calories; 39 g protein; 3 g total fat (1 g sat. fat, 0 g trans fat); 13 g total carbohydrates (6 g sugars, 3 g fibre); 206 mg sodium **a**



## Dairy substitutions

If you're vegan or intolerant to dairy, you can make the sauce in this recipe using coconut or soy yogurt. Dairy lovers may wish to try buffalo milk yogurt. This new kid on the block contains more protein, vitamin C, calcium, magnesium, and potassium than cows' milk yogurt. Try its creamy, sweet taste in sauces and dips.

### Benefits of spice

INCLUDING SPICY DISHES SUCH AS THIS ONE IN YOUR WEEKLY MENU IS AN EXPEDIENT PRACTICE. RECENT RESEARCH HAS ASSOCIATED THE INTAKE OF SPICY FOODS WITH LONGEVITY.

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