

Banana Lime Yoghurt Dressing with Grilled Chicken

Serves: 4

Prep: 10 mins

Cooking: 10 – 15mins

Ingredients

- 1 Banana
- 350g Greek Yoghurt (thick)
- Zest & juice of 2 limes
- Bunch of fresh coriander leaves
- Salt & pepper
- 500g chicken breast

MJ Nutrition

Exchanges per serve




 0.25 0.25 1.0

Nutrients per serve

1006kJ (241cals), **32.0g** Protein
7.1g Fat, **2.2g** Saturated Fat,
10g Carbs, **9.4g** Sugars, **0.6g** Fibre,
135mg Sodium

Method

1. Add banana, yoghurt, lime juice & zest, coriander, salt & pepper to blender.
2. Blend until smooth, serve in bowl
3. Next slice chicken into bite size pieces and thread onto wooden skewers.
4. Bake or grill chicken skewers until cooked.
5. Serve chicken skewers with dressing.



Source: Alan Brown at 'Nutrient Rich Fitness'

Date: 29 March 2011