



Prep time: 45 minutes

Ingredients:

- 2 4-ounce boneless, skinless chicken breasts
- ¼ teaspoon salt
- 1 teaspoon canola oil
- 4 ounces coconut milk
- 1½ teaspoons dried cilantro
- 1½ teaspoons curry powder

Utensils:

- stove (you'll need help from your adult assistant)
- measuring spoons
- mixing bowl
- small baking dish

Directions:

1. Preheat oven to 375°F (191°C). Use ½ teaspoon oil to grease baking dish.
2. Sprinkle chicken with salt.
3. Combine canola oil, coconut milk, cilantro, and curry powder in a shallow bowl.
4. Add chicken to sauce and coat evenly. Allow to stand for 10 minutes.
5. Place chicken in a greased baking dish.
6. Spoon remainder of yogurt sauce on top of the chicken.
7. Bake chicken for 35 minutes or until it's no longer pink in the middle.

Serves: 2

Serving size: 1 chicken breast