

Santa Fe slaw

Roxanne Chan, Albany, CA

SERVES 6 **TIME** 25 minutes

4 cups shredded green cabbage

2 cups torn spinach leaves

1½ cups (8 oz.) shredded jicama

2 green onions, sliced

1 cup cooked corn

1 cup finely chopped tomatoes

¼ cup chopped cilantro

¼ cup mayonnaise

¼ cup sour cream

2 tbsp. finely chopped canned chipotle chiles

2 tbsp. fresh lime juice

Salt

1. In a large bowl, combine cabbage, spinach, jicama, onions, corn, tomatoes, and cilantro.

2. In a small bowl, whisk together mayonnaise, sour cream, chiles, and lime juice. Pour dressing over slaw mixture and stir until combined. Season to taste with salt.

PER SERVING 159 CAL., 56% (89 CAL.) FROM FAT; 3.2 G PROTEIN; 10 G FAT (2.4 G SAT.); 17 G CARBO (5.2 G FIBER); 162 MG SODIUM; 9.6 MG CHOL.

Yogurt-marinated chicken kebabs with Israeli couscous

Margee Berry, Trout Lake, WA

SERVES 4 **TIME** 45 minutes

1½ cups plain low-fat yogurt, divided

2 tsp. garam masala*

1 tsp. Madras curry powder

2 garlic cloves, minced

1 tbsp. plus 1 tsp. salt, divided

½ tsp. freshly ground black pepper

1½ lbs. boned, skinned chicken breast, cut into 1½-in. pieces

½ cup crumbled top-quality feta cheese such as Bulgarian or Greek

3 tbsp. minced red onion

1 tsp. finely shredded lemon zest

2 tbsp. chopped fresh mint, divided

1½ cups Israeli couscous*

2 tsp. olive oil

2 medium red bell peppers, cut into 1½-in. pieces

4 wooden skewers (8 in. long), soaked in water 20 minutes

1. Combine 1 cup yogurt, the garam masala, curry powder, garlic, 1 tsp. salt, and the pepper in a large resealable plastic bag. Add chicken, seal bag, and shake to coat. Let marinate 20 minutes at room temperature.

2. In a small bowl, stir together remaining ½ cup yogurt, the feta, onion, lemon zest, and 1 tbsp. mint; set aside.

3. Bring 2 qts. water to a boil in a pot with remaining 1 tbsp. salt. Add couscous and cook until tender, 12 to 15 minutes. Drain, return to pot, and stir in oil. Cover pot to keep warm.

4. Prepare a charcoal or gas grill for medium-high heat (about 450°; you can hold your hand 5 in. above cooking grate only 4 to 5 seconds). Thread chicken and bell peppers onto soaked skewers and discard marinade. Grill kebabs, turning once, until chicken is browned and cooked through, about 10 minutes.

5. Pile couscous on a platter, sprinkle with remaining 1 tbsp. mint, and arrange kebabs around it. Serve with reserved yogurt-feta sauce.

*Garam masala is an Indian spice blend. Find it and Israeli couscous, also called pearl couscous, at specialty grocers.

PER SERVING 569 CAL., 14% (77 CAL.) FROM FAT; 55 G PROTEIN; 8.6 G FAT (3.5 G SAT.); 64 G CARBO (3.4 G FIBER); 1,275 MG SODIUM; 114 MG CHOL.