

Some people will enjoy a cold beer with this meal, though this is not included in our calorie count.

Red chili sauce, or chile colorado, is a traditional spicy Mexican and New Mexican sauce often used for enchiladas. Here, its bite is tamed somewhat by the addition of onion and raisins, which lend a mild sweetness and also give the sauce body without extra fat.

In marinating the chicken, we substitute nonfat yogurt for the oil that would usually coat and flavor the meat; and we use just a tiny amount of Münster to add an unctuous touch and further mellow the sauce.

BONELESS CHICKEN BREASTS WITH RED CHILI SAUCE

For red chili sauce

- 4 dried New Mexico red chilies*,
stemmed and seeded (wear
rubber gloves)
- 1 small onion (about ¼ pound),
halved
- 3 large garlic cloves
- 2 tablespoons raisins
- 1½ teaspoons salt

- 2 tablespoons nonfat plain yogurt

- 2 large garlic cloves, minced and
mashed to a paste with
½ teaspoon salt
- ½ teaspoon ground cumin
- four 5-ounce skinless boneless
chicken breast halves
- 1 teaspoon vegetable oil
- 1 tablespoon coarsely grated
Münster

*available at some specialty foods shops or by mail order from Chile Today—Hot Tamale, Inc., 919 Highway 33, Suite 47, Freehold, NJ 07728, tel. (908) 308-1151 or (800) 468-7377

Preheat oven to 400° F.

Make red chili sauce:

In a saucepan simmer chilies, onion, and garlic in water to cover 20 minutes and with a slotted spoon transfer to a blender. Add ½ cup cooking liquid, raisins, and salt and blend until smooth. *Sauce may be made 1 week ahead and chilled, covered.*

While chilies are simmering, in a bowl stir together yogurt, garlic paste, cumin, and salt to taste. Add chicken and coat

with marinade. Marinate chicken, covered and chilled, at least 15 minutes and up to 1 day.

In a 10-inch non-stick skillet heat oil over moderately high heat until hot but not smoking. Add chicken with marinade clinging to it, skinned sides down, and sauté 1 minute on each side, or until golden-brown patches appear.

Add chili sauce to skillet and bring to a simmer, uncovered, scraping up any brown bits. Transfer chicken mixture to a shallow baking pan just large enough to hold chicken in one layer and bake, covered, 15 minutes. Remove cover and sprinkle Münster over chicken. Remove pan from oven and let stand 1 minute to melt cheese. Serves 4.