

PISTACHIO-CRUSTED CHICKEN WITH BAKED SWEET POTATOES

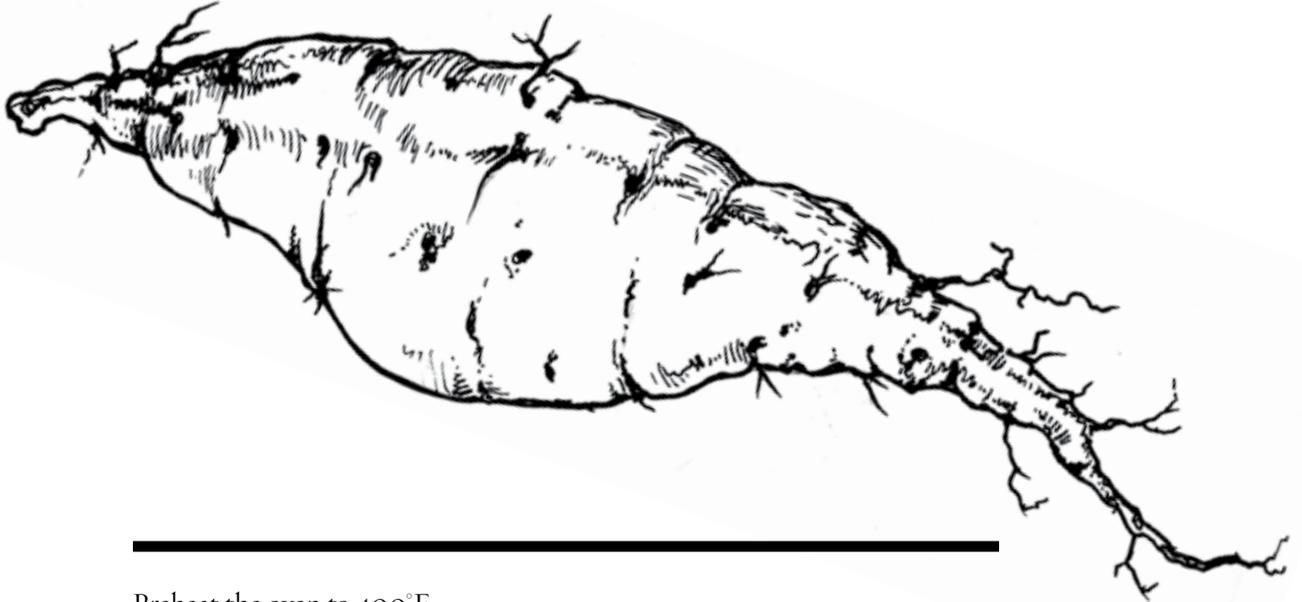
Pistachios contain more than thirty vitamins and minerals. This tiny nut is high in antioxidants. And the sweet potato ranks as one of the most nutritious little bundles of love going. Loaded with protein and vitamins, it is simple yet full of complex carbohydrates. Baked, it is truly a beautiful thing.



Feeds 2

2 well-scrubbed sweet potatoes (each about the size of your hand)
2 tablespoons extra-virgin olive oil
2 skinless, boneless, organic chicken breasts
1 cup Greek yogurt (regular or low-fat)
1/2 teaspoon ground cumin
1/2 teaspoon ground turmeric
1 cup shelled, unsalted pistachios
1/2 cup panko or unseasoned bread crumbs
Salt and freshly ground black pepper
Lemon wedges, for garnish

MAKE 'EM BEG FOR MORE



Preheat the oven to 400°F.

Scrub and dry the sweet potatoes. Stab them a few times with a fork. They're sturdy, they can take it. Massage their wounds with a little bit of olive oil. Stick them on a baking sheet, place them in the oven, and forget about them. The chicken needs your attention. Wash and pat it dry. Marinate in a bowl with the yogurt, cumin, and turmeric in the fridge while the sweet potatoes cook. Leave the kitchen and come back in 30 minutes.

Flip the sweet potatoes over. Crush the pistachios in a plastic bag. Shake in the panko and pour into a shallow bowl. Season the breasts with salt and pepper, then dredge them in the nut-crumb mixture. Press the coating firmly into the chicken.

Oil the bottom of a glass baking dish and gently lay in the chicken. Drizzle lightly with the remaining olive oil.

Lower the oven temperature to 350°F. Cook the chicken for 20 minutes, then flip it over. Think dirty thoughts. Have a drink. White wine or water will do. Check the chicken in 7 minutes. When the juices run clear, ring the dinner bell. The potatoes sweet should be moist and creamy. Just like you.
