

## Chicken Brown Rice Muffins

*These muffins make a great lunch when you're trying to cut calories.*

2 cups cooked brown rice 1 cup finely chopped cooked chicken 1 tablespoon chopped fresh parsley ¼ cup plus 1 tablespoon chopped celery	1 ½ teaspoons curry powder 8 heaping tablespoons plain, low-fat yogurt 2 teaspoons Tamari soy sauce 1 tablespoon lemon juice 3 egg whites
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Preheat oven to 375 degrees. Coat a muffin tin with olive oil cooking spray. Combine all ingredients except egg whites. Beat egg whites until stiff peaks form. Fold into batter. Fill muffin tin with mixture. Make mounds with mixture in the shape of a muffin. Bake 35-40 minutes or until golden brown on top. Remove with the edge of a knife, if necessary. Makes six servings.

**Nutritional breakdown** (per serving):

Calories: 169	Fat: 4.4 g	Carbohydrates: 15.7 g	Cholesterol: 152 mg	Protein: 11.6 g	Sodium: 16 mg
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*Taken from Fitness Rx magazine, February 2009, pg. 112*