



Cold Chicken and Yougurt Pie (without cholesterol)

Ingredients 4 portions:

Chicken

200 gr.

Onion

½ unit

Red pepper

½ unit

Chives

1 spoonful

Skimmed natural yogurt

5 spoonful

Mayonnaise without cholesterol

5 spoonful

Gelatine without savor

1 cdita

Salt and pepper

to taste

Procedure:

Dice the Chicken in 1 cm. cubes. Dice the onion and pepper in ½ cm. cubes. Place in the MultiCocción up

to $\frac{3}{4}$ parts of its capacity. Add salt and pepper. Put the lid on and microwave for 4 $\frac{1}{2}$ minutes on high. Then let it cool and chop everything. Mix the mayonnaise without cholesterol with the skimmed yogurt, add the gelatine without savor and the chopped chives. Then add the chicken, pepper and onion. Put the preparation in various MiniSoufflee. Let them cool in a refrigerator for $\frac{1}{2}$ hour then unmold them on plates to serve.

