

Spicy Yogurt Grilled Chicken

You control the heat!

Ingredients

8 oz plain Greek yogurt
2 Tbls sriracha or harissa sauce
2 cloves garlic, minced
Juice from ½ lime or lemon
1 Tbls cumin
1 Tbls tarragon
Salt & pepper to taste
4 (4 oz) chicken breasts



Directions

1. Combine yogurt, sriracha sauce, lime juice, cumin, tarragon, and salt & pepper in a bowl.
2. Place chicken in shallow dish or in resealable bag. Use ½ the sauce and coat chicken breasts evenly. Allow to marinate in refrigerator for at least 2 hours. (reserve ½ the sauce for serving)
3. Grill chicken over medium-high heat until cooked through – turning once.
4. Serve with green vegetable or salad and extra sauce.

Note: Adjusting the hot sauce to your personal taste does not alter the nutritional information by much.

Makes 4 servings

Nutrition Facts:

Calories	138	
Total Fat	3g	
Total Carbohydrates		1.6g
Dietary Fiber	0g	
Protein	24g	