AN INDEPENDENT HEALTH FOUNDATION PROGRAM

March 14th, 2015 Cooking Class

Featuring

Buffalo Bill's Executive Chef

Andy Altomare

Yogurt Marinated Grilled Chicken

Serves about 8

Ingredients:

1 cup plain whole milk Greek yogurt
2 Tablespoons olive oil
2 teaspoons paprika
½ teaspoon cumin
1/8 teaspoon cinnamon
1 teaspoon crushed red pepper flakes
Zest from one lemon
2 Tablespoon freshly squeezed lemon juice
1 ½ teaspoon salt
½ teaspoon black pepper
4 garlic cloves, minced
2 ½ pounds boneless skinless chicken
Vegetable oil, for greasing the grill

Nutrition Facts
Serving Size:1 serving (181.1g)
Servings:8

Amount Per Serving	
Calories 190	Calories from Fat 70
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 75mg	**25%**
Sodium 710mg	**30%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 0g	**2%**
Sugars 1g	
Protein 27g	

Vitamin A 6% • Vitamin C 6%
Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Directions:

In a medium bowl, combine the yogurt, olive oil, paprika, cumin, cinnamon, red pepper flakes, lemon zest, lemon juice, salt, pepper and garlic.

Trim excess fat from chicken thighs and cut into strips. Marinade chicken in yogurt mixture overnight.

Grill chicken to internal temp of 165F and serve. Discard any remaining marinade.