

# Cilantro-Lime and Yogurt Grilled Chicken Wings

*Dash Magazine*

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## **Servings: 12**

*12 whole chicken wings*

*salt (to taste)*

*pepper (to taste)*

### **MARINADE**

*1 cup Greek yogurt*

*5 key limes, juiced*

*2/3 cup brine from bread and butter  
chips container*

*1/2 bunch cilantro, chopped*

In a bowl, toss the wings with salt and pepper.  
Set aside.

In a bowl, whisk together all of the marinade  
ingredients. Pour over the wings. Cover.  
Refrigerate for six hours.

Preheat the grill to medium-high heat.  
Generously brush the grates of the grill with a  
"high temperature resistant" oil before adding the  
chicken.

Remove the wings from the marinade, shaking  
off any excess. Place onto the grill. Season with  
salt and pepper.

Lower the heat to medium. Cover and grill for 10  
minutes. Uncover. Flip and grill for another 10  
to 12 minutes or until the juices run clear.

Remove from the grill. Allow the wings to rest  
for about 7 minutes.

Serve with key lime wedges, cilantro leaves and  
a sprinkle of smoked paprika.

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Per Serving (excluding unknown  
items): trace Calories; trace Fat  
(12.0% calories from fat); trace  
Protein; trace Carbohydrate; trace  
Dietary Fiber; 0mg Cholesterol;  
trace Sodium. Exchanges: 0  
Grain(Starch); 0 Lean Meat.

Chicken, Grilled

