

Yogurt Marinated Grilled Chicken

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Servings: 8

8 (about 3 pounds) skinless, boneless chicken breasts

2 cups plain whole-milk Greek yogurt

1 cup fresh cilantro, coarsely chopped

1/2 large onion, coarsely chopped

1/3 cup olive oil

6 cloves garlic, coarsely chopped

1 tablespoon fresh lime juice

1 tablespoon garam masala (Indian seasoning)

2 teaspoons Kosher salt

1 teaspoon freshly ground pepper

1 piece (two-inch) fresh ginger, peeled and chopped

Preparation Time: 30 minutes

Working one piece at a time, put the chicken between two pieces waxed paper and pound to 1/2-inch thickness. Transfer to a plastic zip-top bag.

Puree' the yogurt, cilantro, onion, olive oil, garlic, lime juice, garam masala, Kosher salt and pepper in a food processor. Pour the yogurt mixture over the chicken. Seal the bag and turn to coat. Marinate the chicken in the refrigerator for at least three hours or overnight.

Preheat the grill to medium-high direct heat. (For a gas grill, turn on all burners. For a charcoal grill, spread the coals into an even layer.) Brush the grill grate with olive oil. Season with salt.

Scrape the excess marinade off the chicken. Grill until browned and cooked through, turning once, 3 to 4 minutes per side.

Top with more cilantro.

Start to Finish Time: 3 hours 30 minutes

Per Serving (excluding unknown items): 88 Calories; 9g Fat (88.7% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 472mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 2 Fat.

Chicken

Calories (kcal): 88
% Calories from Fat: 88.7%
% Calories from Carbohydrates: 9.7%
% Calories from Protein: 1.5%
Total Fat (g): 9g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 7g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 2g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 472mg
Potassium (mg): 49mg
Calcium (mg): 9mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 131IU
Vitamin A (r.e.): 13RE

Vitamin B6 (mg): trace
Vitamin B12 (mcg): 0mcg
Thiamin B1 (mg): trace
Riboflavin B2 (mg): trace
Folacin (mcg): 3mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 88 **Calories from Fat:** 79

% Daily Values*

Total Fat	9g	14%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	472mg	20%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	trace	
Vitamin A		3%
Vitamin C		4%
Calcium		1%
Iron		1%

* Percent Daily Values are based on a 2000 calorie diet.