

Moroccan Spiced Grilled Chicken Breasts

Adapted slightly from *Simply Recipes* blog, 2015

Internet Address: http://www.simplyrecipes.com/recipes/moroccan_spiced_grilled_chicken_breasts/



Servings: 4

1. Mix the marinade ingredients (yogurt, lemon juice, cilantro, olive oil, garlic, cumin, paprika, turmeric, cinnamon, salt, and pepper) together in a medium sized bowl. Remove about a third of the mixture and refrigerate until serving time, to be used as a topping.
2. If chicken pieces are thick, pound them slightly so they are a more even thickness. Add the chicken pieces to the bowl and thoroughly coat with the marinade. Cover with plastic wrap and chill in the refrigerator from 2 hours to overnight.
3. Heat grill on high heat if you are using a gas grill, or prepare coals for direct heat if you are using charcoal. Allow for one side of the grill to be the "cool" side. If you do not have a grill you can use a cast-iron grill pan on your stove.
4. Grill the chicken breasts over direct high heat a couple of minutes on one side. Then turn them over and move them to the cool side of the grill. Cover and cook for a few minutes more, until the chicken is cooked through.
5. Use a meat thermometer to test and remove the meat from the grill when the internal temperature of the chicken breast reaches 150°F. Do not overcook, as chicken breasts can easily dry out. Dollop some of the reserved marinade on the chicken and garnish with chopped cilantro.

2/3 cup Greek yogurt, full-fat (do not use fat free)

1 1/2 tablespoons lemon juice

1/2 cup chopped fresh cilantro

2 tablespoons olive oil

2 cloves garlic, minced

1 1/2 teaspoons ground cumin

1 1/2 teaspoons turmeric

1 teaspoon paprika

1/2 teaspoon ground cinnamon

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

1 1/2 pounds boneless skinless chicken breast halves

3 tablespoons cilantro, minced (for garnish)

Chicken/Poultry

Per Serving (excluding unknown items): 309 Calories; 12g Fat (37.0% calories from fat); 42g Protein; 6g Carbohydrate; 1g Dietary Fiber; 114mg Cholesterol; 403mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>