

Marinade for Chicken Breast

Spring is here and it's time to turn on the grill and start the BBQ's!

This fat free marinade was given to me by a friend who just so happens to be a Personal Trainer.

I couldn't believe that the main ingredient is yogurt! Who would think to marinade chicken in yogurt? Believe it or not the yogurt is what keeps the chicken moist and flavorful! Be sure to make extra and leave it in your fridge for lunch or a quick in a hurry dinner.

Enjoy!

Recipe:

- 2 cups plain Fat Free Yogurt
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon coriander
- 1 teaspoon turmeric
- 1/3 cup chopped cilantro
- 1/3 cup chopped mint
- Lime juice (to taste)
- 1 garlic clove (grated)
- Salt & pepper

3 – 4 thick boneless, skinless chicken breasts.

Mix all ingredients in a big bowl.

Cut chicken breasts into thick strips.

Marinade OVERNIGHT for 24 hours

BBQ or grill on a nonstick grill pan until cooked thoroughly.

