

Express Lemon and Yogurt Chicken



Looking for a fresh and flavorful way to marinate your chicken? Try this easy Lemon Yogurt Chicken Marinade recipe. With just a few simple ingredients including Greek yogurt, lemon juice and garlic. Perfect for meal prep, this marinade is ready in just 5 minutes and your chicken is marinated in as little as 30 minutes! Give your chicken the zesty, tangy goodness it deserves with this quick and healthy chicken recipe to throw on the BBQ.

Preparation 5 min
Cooking 10 min
Servings 10
Nutrition Facts (per serving)
Calories 220
Fat 9
Carbohydrates 2
Fibre 0
Protein 31
Sodium 600

Ingredients

- 250 ml (1 cup) Greek yogurt, plain, 0%
- 4-5 cloves garlic, minced
- 10 ml (2 tsp) salt
- Pepper, to taste

- 10 chicken thighs, deboned and deskinmed (approx. 1,2 kg)*

Preparation

1. In a medium bowl, combine yogurt, garlic, salt, and pepper.
2. Zest one lemon and add it to the yogurt. Then cut the lemon in half, squeeze the juice of half a lemon into the yogurt and mix well.
3. To marinate the chicken, add the chicken thighs to a large scelled bag, add the yogurt marinade and let sit for at least 30 min or overnight in the refrigerator.
4. Once the chicken is marinated, grill on high direct heat for approximately 4-5 minutes on each side, or until cooked through.

Notes

Can be refrigerated for 3-4 days or frozen for up to 3 months.

If using chicken breasts, flatten the chicken using a meat mallet or rolling pin before marinating



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