

YOGURT MARINADE

This simple marinade is perfect for chicken or lamb, with Greek yogurt adding a delicious tang.

INGREDIENTS

- 2/3 cup whole milk Greek yogurt
- 2 tbsp olive oil
- 2 tbsp lemon juice + 1 tsp lemon zest
- 1 tbsp minced garlic
- 1 tbsp minced fresh ginger
- 1 tsp each ground cumin, ground coriander, and paprika
- 1/4 tsp each cayenne pepper and cinnamon
- 1 tsp salt and freshly ground black pepper (adjust to taste)
- 1/2 cup chopped cilantro
- Optional: fresh oregano, dill, and mint



INSTRUCTIONS

Mix all ingredients together in a glass baking dish. Add chicken or meat and cover. Marinate for at least 2-5 hours or overnight in the refrigerator.

Chicken: Use any type of chicken you prefer, but this goes great with boneless skinless chicken thighs.

Bake the chicken:

Bake for 18-22 minutes at 350F. When done, the thickest part of the meat should reach an internal temperature of 165 degrees F.

Made for you with love by Sierra Godfrey
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