

Mediterranean Grilled Chicken Breasts with Cumin & Cilantro

Serves 4

Ingredients:

1/2 cup plain yogurt
1 Tbsp lemon juice
1/2 cup chopped fresh cilantro
1 Tbsp olive oil
2 cloves garlic, minced
1 1/2 teaspoons ground cumin
1 teaspoon paprika
1/2 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 1/2 pounds skinless, boneless chicken breasts

Method:

- Mix the marinade ingredients (yogurt, lemon juice, cilantro, olive oil, garlic, cumin, paprika, cinnamon, salt, and pepper) together in a medium sized bowl. 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.
- Heat your 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.
- 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.