

Greek-Style Yogurt Marinated Chicken

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-rice-pilaf-recipe-rice-cooker>

Ingredients:

- 2 pounds boneless, skinless chicken breast tenders, or thighs
- 1 cup plain yogurt
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 3 garlic cloves
- 2 teaspoons salt
- 1 tablespoon dried oregano
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- black pepper to taste
- 1 pinch crushed red pepper flakes
- pita bread
- couscous
- salad
- salad
- rice pilaf
- bell pepper slices
- onion slices
- tomato slices
- feta
- olives
- tzatziki sauce

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 160 milligrams

4. Fat: 25 grams
 5. Fiber: 4 grams
 6. Protein: 56 grams
 7. SaturatedFat: 7 grams
 8. Sodium: 1690 milligrams
 9. Sugar: 6 grams
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