



Northeast Georgia Medical Center  
BARIATRIC WEIGHT LOSS CENTER



Source: [www.freeyourfork.com](http://www.freeyourfork.com)

### Greek Yogurt Marinated Chicken

Serves: 8-9 Serving Size: 4 oz

#### Ingredients:

- 1.5 – 1.75 lb chicken breasts
- ½ cup non-fat Greek yogurt
- Juice of ½ lemon
- ½ Tbsp lemon zest
- 1 Tbsp olive oil
- 4 small garlic cloves
- ¼ tsp salt
- ½ tsp black pepper

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#### Steps:

1. Preheat oven to 425 degrees F.
2. Whisk together the yogurt, the lemon juice, lemon zest, olive oil, garlic, salt, and black pepper in a bowl.
3. Pour into a resealable plastic bag. Add chicken, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in refrigerator for at least 15 minutes.
4. On a hot grill sear chicken for 1-2 minutes in both sides.
5. Place chicken on a baking sheet lined with parchment or foil paper and bake for about 20 minutes.

#### Nutrition Facts (per serving):

Calories: 132, Protein: 25.8 g, Fat: 4.2 g, Saturated Fat: 0.7 g, Carbohydrates: 1 g, Sugars: 1 g

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