



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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Lemon-Yogurt Chicken with Rice



2 Tablespoons lemon juice
2 teaspoons minced garlic
1 teaspoon dried oregano
1/2 teaspoon lemon zest
1/4 teaspoon pepper

2 Tablespoons oil
1/4 cup nonfat plain yogurt
1 lb. boneless, skinless chicken breast
1 cup brown rice, regular or instant
1 teaspoon lemon zest

Instructions: In a large bowl, combine juice, garlic, oregano, zest, and pepper. Slowly whisk in oil and yogurt until combined. Add chicken to yogurt marinade and turn chicken to coat. Cook immediately or marinate in refrigerator for up to 8 hours. Spray large skillet with cooking spray. Heat over medium-low heat. Lightly shake chicken to remove excess marinade. Add chicken to skillet, and cook 10 minutes, turning chicken halfway through cooking time until chicken reaches at least 165°F as measured by a food thermometer. Cook rice according to package directions. Add lemon zest into cooked rice. Serve chicken over rice.

Yield: 4 servings

Nutrition Facts (per serving): 360 calories, 10 grams fat, 85 milligrams sodium, 37 grams carbohydrate, 2 grams fiber, 30 grams protein