Dinner

Baked Lemon Yogurt Chicken Breasts

Chicken breasts soak in a tangy marinade of yogurt, lemon, garlic, and oregano, then bake until tender and juicy. A pinch of red pepper flakes adds gentle warmth to every bite.



Gluten free | Nut free

105 min	170	0 g	0 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1 3/4 lbs boneless, skinless chicken breasts
- [ ] 2/3 cup plain nonfat Greek yogurt
- [ ] 1 tbsp olive oil
- [ ] 2 tbsp lemon zest
- [ ] 2 tbsp lemon juice
- [ ] 1 clove garlic (crushed or minced)
- [ ] 1 tsp dried oregano
- [ ] 1/4 tsp crushed red pepper flakes

Method

- [ ] **1** Grab a gallon-size resealable plastic bag and slip the boneless, skinless chicken breasts inside, leaving the bag off to the side while you mix up the marinade.
- [ ] **2** Measure the Plain Nonfat Greek yogurt, olive oil, lemon zest, lemon juice, crushed or minced garlic, dried oregano, and crushed red pepper flakes into a small mixing bowl and stir them together into a marinade. Tip this mixture over the chicken so every breast gets coated, then press the surplus air out of the bag and zip it shut.
- [ ] **3** Give the chicken at least 1 hour to marinate in the refrigerator, or let it sit in there overnight.
- [ ] **4** When the marinating time is up, pour away whatever marinade the chicken has not absorbed, then transfer the chicken to the oven and cook it at 400° F for 35 to 40 minutes, until the internal temperature climbs to 165° F.

Nutrition Facts

Per serving

Calories	**170**
Total fat	4 g
Saturated fat	1 g
Sodium	60 mg
Total carbs	0 g
Fiber	0 g
Total sugars	0 g
Protein	30 g

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