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MEDITERRANEAN STYLE CHICKEN BREASTS

- 1 cup low-fat plain yogurt
- ¼ cup extra-virgin olive oil
- 2 Tbsp. lemon juice
- 1 Tbsp. **Onion, Garlic & Herb Seasoning**
- 2 Tbsp. **Mediterranean Greek Seasoning Blend**
- 4 boneless, skinless chicken breasts

Combine yogurt, oil, lemon juice and seasonings in a bowl. Add chicken and coat. Cover and marinate in the fridge for 1 hour or overnight. Preheat grill to medium heat, grill for 10 minutes, turning once. Check the internal temperature with a thermometer; when they reach 165°F, they are done. Serve with a side Greek salad or serve sliced as part of the salad for a one-dish dinner.



- **Onion, Garlic & Herb Seasoning**
- **Mediterranean Greek Seasoning Blend**