



ME Recipe: Simple Saffron Chicken

Ingredients:

- 1 ½ cups plain Greek yogurt
- Saffron threads, crushed
- Garlic clove, mince (or 1 tsp minced garlic)
- 4 6-oz chicken breasts, boneless, skinless

Directions:

Preheat broiler.

Combine Greek yogurt, ½ tsp salt, sprinkle of pepper, pinch of saffron and garlic in a bowl.

Add chicken, tossing to coat. Let stand at room temp for 15 minutes

Place chicken on broiler pan (sprayed with zero cal cooking spray)

Broil for 10 minutes per side, or until chicken is cooked through and surface is browned.

Makes 4 servings!