



GRILLED MOROCCAN CHICKEN

Basic Lifestyle

INGREDIENTS

1-1/2 to 1-3/4 pounds boneless skinless chicken breasts	1 TSP ground cumin
1/4 cup extra virgin olive oil	1/2 TSP ground coriander
1 TSP salt	1/4 TSP ground ginger
1 TSP sugar	1/4 TSP ground turmeric
3 garlic cloves, minced	1/4 TSP ground cinnamon
2 TSP paprika	1/8 TSP cayenne pepper

INSTRUCTIONS

—Place chicken breasts between 2 pieces of wax or parchment paper and, using a meat mallet, pound to an even 1/2-inch thickness.

—Mix all ingredients except chicken together in a small bowl or measuring cup. Place pounded chicken breasts inside 1 gallon zip-lock bag. Add marinade to the bag, press air out and seal shut. Massage marinade into the breasts until evenly coated. Place the bag in a bowl in the refrigerator (to protect against leakage), and let the chicken marinate for 5-6 hours.

—Clean grill* and preheat to high. Place chicken breasts on grill, spooning marinade over top. Grill, covered, for 2-3 minutes per side. Do not overcook.

*Note: Oven-broil works well too.

SERVING INFO: (Serves 4)

1 breast = 1 P

See photo of recipe at [Instagram](#) and [Facebook](#).