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Rosemary Ranch Chicken (S)

Looking for a way to add some pizzaz to your summer BBQ? Look no further than this flavor-packed marinated chicken recipe! Tender and moist chicken, sure to please even the pickiest palate!

Serving Size: Family-size; Approximately 6 people

INGREDIENTS:

- 6 chicken breasts
- 2 teaspoons finely crushed, dried rosemary
- 1 cup 0% Greek yogurt
- 1/4 cup extra virgin olive oil
- 1 teaspoon lime juice
- 2 Tablespoons *Rohnda's Ranch Mix* (or dry ranch mix of choice)
- 1 Tablespoons THM Gentle Sweet
- 2 Tablespoons Worcestershire sauce
- 1 teaspoon Mineral Salt
- 1/2 teaspoon pepper

INSTRUCTIONS:

1. Mix all ingredients except chicken breasts and place in a gallon Ziploc bag. Add breasts and marinate several hours.

2. Remove chicken from marinade, shaking off excess.

3. Grill over medium/high heat, turning as needed until a meat thermometer reads 160 degrees Fahrenheit.

4. Remove and cover for 10 minutes, if possible.

RECIPE NOTE:

Alternately, cube the chicken and skewer on wooden shish-kabob sticks. Grill, turning often to cook on all sides.

NSI (If using a store-bought, plan-approved sweetener.)

The *Rosemary Ranch Chicken* recipe and other delicious THM recipes can be found at www.TrimHealthyMembership.com