

Street Cart-Style Chicken

Serves 8



Ingredients:

- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 1 teaspoon dried oregano
- ½ teaspoon turmeric
- ½ teaspoon ground coriander
- ½ teaspoon black pepper
- ½ teaspoon salt
- ¼ teaspoon cinnamon
- ¼ teaspoon red pepper flakes (optional)
- 2 lemons, juiced
- 6 cloves garlic, minced
- 2 pounds boneless, skinless chicken thighs
- 2 Tablespoons olive oil

Instructions:

1. In a large bowl, combine cumin, smoked paprika, oregano, turmeric, coriander, pepper, salt, cinnamon, and red pepper flakes, if using.
2. Add the lemon juice and minced garlic and stir well to combine.
3. With tongs or gloved hands, add the chicken to the bowl and mix thoroughly until all the chicken is coated in the spice mixture.
4. Set the chicken aside to marinate for at least 15 minutes or up to 12 hours.
5. When ready to cook the chicken, heat the oil in a skillet on high.
6. Add the chicken, making sure not to crowd the pieces, and do not disturb for 5 minutes.
7. Lower heat to medium, flip the chicken pieces, and continue to cook uncovered until chicken reaches an internal temperature of 165° F, about 10 more minutes.
8. Remove the chicken to a cutting board and let rest for 3-5 minutes.
9. Using a sharp knife, cut the chicken into 1-inch slices.
10. Serve over rice, accompanied by cucumber tomato salad and your choice of sauces. Enjoy!

White Sauce

Serves 8



Ingredients:

- 2 cups plain low-fat yogurt
- 2 Tablespoons white vinegar
- 1 teaspoon salt
- 1 teaspoon sugar
- 2 teaspoons oregano

Instructions:

1. Whisk all of the ingredients together in a high-sided container and set aside.
2. Drizzle over chicken, rice and salad and enjoy!