

**Mediterranean Chicken Marinade**  
**Serves 6**

**Ali Barker**

**Ingredients:**

1 cup plain Greek yogurt  
1/2 cup extra virgin olive oil  
6 cloves garlic  
1/4 red onion, minced  
6 tablespoons lemon juice  
1/2 teaspoon ground cumin  
1/2 teaspoon ground cayenne pepper  
1 tablespoon fresh chopped chives  
1 tablespoon fresh chopped marjoram  
1 tablespoon fresh chopped basil  
2 teaspoons sea salt  
1 teaspoon fresh ground black pepper

6 skinless, boneless chicken breasts

**Procedure:**

1. Whisk together marinade ingredients
2. Put chicken breasts and marinade in zip lock bag, and marinate at room temperature for 1 hour. Alternatively, refrigerate for 6-12 hours
3. Preheat grill on hot. Mark the chicken breast on hot grill. Move to indirect heat to cook through