



# Ginger Turmeric Chicken

## Marinade

- ½ cup Greek yogurt
- 2 TBSP extra virgin olive oil
- 1 TBSP grated peeled turmeric root
- 1 TBSP grated peeled ginger root
- 1 TBSP lime juice
- 2 cloves garlic, minced
- ½ teaspoon kosher salt

## Ingredients

- 4 skinless, boneless chicken breasts
- 1 cup cooked brown rice
- 1 lime, cut into wedges
- Fresh cilantro (optional)

## Directions:

1. Prepare marinade: Whisk olive oil, ginger, turmeric, Greek yogurt, lime juice, garlic, and salt
2. Place chicken breasts in a plastic bag; Pour marinade over chicken; Seal plastic bag, make sure chicken is fully coated; Place in the fridge and marinate for 4-6 hours or overnight
3. Cook brown rice according to box instructions
4. Preheat oven to 425 F; Remove chicken from marinade and place on a baking sheet lined with parchment paper; Bake for 18-20 minutes
5. Remove from oven; Allow chicken to rest for 5 minutes; Serve with a the brown rice, lime, and cilantro; Enjoy!

Cost: \$ \$

Ease: 

**Health Benefit:** Chicken breast is an excellent source of protein to support muscle maintenance and growth. Brown rice is a complex carb that provides energy and fiber for bowel health.

## Equipment

Bowl  
Whisk  
Plastic Bag  
Baking Sheet

Fare  Meals  
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