

Mexican Chicken

Serve with boiled rice and salsa

Ingredients:

4 – 6 oz boneless skinless chicken breasts
1 cup/250 ml plain yogurt
2 tbsp Mexican chilli powder
2 tbsp minced garlic
2 tbsp thyme
1 cup crushed corn tortilla chips
1 cup quinoa flakes
Zest of 2 limes
½ cup shredded cheddar
¼ cup diced jalapeño peppers

Directions:

Preheat Oven 400 F

In a bowl mix yogurt, chilli, garlic and thyme.

In another bowl mix chips, quinoa, lime zest, cheddar and peppers

Marinate chicken in yogurt, this can be done 24 hours ahead.

Shake excess marinade off chicken and coat both sides in crumb mixture.

Bake in oven for 10 minutes, turn pieces and cook for another 8minutes.

Prep 20 min Cook 20 min Servings: 4