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## GRILLED CHICKEN WITH LEMON-CUCUMBER RELISH

(Serves 4)

4 skinless, boneless chicken breast halves  
1-2 T. olive oil  
2 t. ground cumin  
1/2 t. salt  
1/4 t. black pepper  
1 med. seedless cucumber, chopped  
1 large tomato, chopped  
1/4 c. finely chopped onion  
1/4 t. lemon zest  
2 T. lemon juice  
2 cloves garlic, minced  
1/3 c. nonfat plain Greek yogurt  
1 T. honey  
1 T. milk

Rub chicken breast halves with olive oil; sprinkle with ground cumin, salt, and pepper. Grill on a covered grill directly over medium heat for 12-15 minutes until done, turning once.

### LEMON-CUCUMBER RELISH

In a medium bowl, combine cucumber, tomato, onion, lemon zest, lemon juice, and garlic. Stir to combine. In a small bowl, combine yogurt, honey, and milk. Stir to combine.

To serve, top chicken with lemon-cucumber relish. Drizzle with yogurt sauce.