



## 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.