



Chipotle Chicken Taouk
– A healthy and easy to make dish

Resident Recipe

Submitted by: Vabe' Mekhitarian – Menu for You, Inc.

Chipotle Chicken Taouk



INGREDIENTS

- 6 B&S Organic Chicken Breasts
- 4 oz Organic Greek Yogurt
- 2 Chipotle Chiles in Adobo
- (Use 1 chile for less heat)
- ½ t Kosher Salt
- 2 oz Panko Crumbs
- 2 oz Grated Parmesan Cheese

DIRECTIONS

Poke Chicken breasts with the tines of a fork to tenderize. Mix yogurt, chopped chipotles and salt until well incorporated. Roll chicken breasts through marinade for 30 minutes. Place marinated chicken breasts in a Pyrex pan. Top with excess yogurt mixture.

Combine Panko and Parmesan until thoroughly mixed. Spread evenly over chicken.

Bake on lower rack at 425F for 20 minutes. Rotate pan and lower oven to 375F and bake for another 20 minutes. Check for doneness.

Remove from oven and let rest for 5-7 minutes before serving. Serve with chilled Arugula, sliced cucumbers and extra Greek yogurt on the side for dipping.

Serves six.

Do you have a story behind your favorite family recipe?

We'd love to hear about it! We are looking for anyone who has a good recipe to share. Email Donna Evans at Donna.Evans@N2Pub.com to be in an upcoming edition of *Wilmette at the Lake*.