



## Greek Yogurt Chicken

### Ingredients

- 4 boneless/skinless chicken thighs or breasts (whatever you like)
- 3/4 to 1 cup plain Greek yogurt
- 1 tsp garlic powder
- 1 1/2 Tsp seasoning salt
- 1/2 tsp pepper
- 1/2 cup grated Parmesan or Italian blend cheese

### Preparation

1. Preheat oven to 375 degrees
2. Line baking sheet with foil and spray with olive oil or cooking spray
3. Combine all the ingredients except the chicken in a bowl
4. Coat the chicken pieces with the yogurt/spice/cheese mixture
5. Bake for 35-45 minutes (depending on the size of your chicken pieces)

That's it! Quick and easy - and seriously good.