

GRILLED MISO CHICKEN

4 boneless skinless chicken breasts
2 tablespoons Greek yogurt
2 teaspoons miso paste
2 teaspoons olive oil
2 teaspoons honey
juice of 1 lime (2-3 tablespoons)
1 tablespoon soy sauce
1/2 tsp black pepper
pinch of salt

Whisk together the marinade ingredients in a small bowl.

Place the chicken in a large zip-lock bag and add the marinade. Toss everything around in the bag to coat all the chicken pieces. Marinate for at least 30 minutes and up to two hours.

Grill the chicken using the 7-6-5 method: seven minutes on the first side, flip the pieces over, grill for 6 more minutes. Turn the grill off without opening the lid, and let the chicken stay inside for 5 minutes. Remove from the grill, let the meat rest for 5 to 10 minutes slightly tented with aluminum foil, slice and serve.