

## INGREDIENTS

### Turmeric & Honey Glaze Marinade

- 2LBS chicken thigh
  - 2-3 cloves garlic, chopped
  - 3TBS olive oil
  - 1tsp turmeric
  - 1/2 tsp sea salt
  - 1tsp ginger
  - 1TBS honey
  - 1/2 lemon, juice & zest
1. Combine all ingredients with chicken in a bowl, toss until well coated
  2. Refrigerate and allow to marinate 30 minutes to 1 hour
  3. Grill on medium heat roughly 5-7 minutes each side, depending on size of chicken thighs until cooked thoroughly

### Cucumber Yogurt Sauce

- 1C Greek yogurt
  - 1 chopped cucumber
  - 2 chopped garlic cloves
  - Lemon zest
  - Juice 1 lemon
  - 2TBS dill
  - 1TSP sea salt
1. Combine all ingredients in bowl and mix until well combined.

