



## Cajun Paprika Spicy Chicken

By Chef Veera Gaul, Ph.D.



### Ingredients

2 lb boneless chicken breasts (cut each breast in half to increase surface area)  
½ cup plain, low fat Greek yogurt  
3 tablespoons O&V [Cajun Paprika Rub](#) \*  
2 tablespoons O&V [Roasted Garlic grape seed oil](#) \*  
2 tablespoon O&V [Smoked Paprika](#) \*  
1 teaspoon minced garlic  
1 ½ tablespoons lemon juice  
½ teaspoon fresh ground pepper  
¼ teaspoon salt  
1 teaspoon cayenne pepper (more for additional heat)  
2 tablespoon Sriracha or hot sauce (optional and for additional heat)  
Sprigs of parsley for garnish

### Preparation

Combine the Greek yogurt with the Cajun paprika rub, EVOO, Smoked Paprika, minced garlic, lemon juice, ground pepper, salt, cayenne pepper and sriracha if using. Mix well.

Place the chicken pieces in a gallon sized zippered plastic storage bag. Spoon the yogurt marinade over the chicken. Seal the bag and move the chicken pieces around till they are all well coated and the marinade is well distributed. Place the bag in the refrigerator for at least 2-3 hours, and as much as 8-10 hours.

Preheat grill to medium heat. Brush the grill grates with oil. Shake excess marinade off from the chicken pieces. Grill for 4-5 minutes on each side with the lid closed until browned and fully cooked.

Remove and serve over a salad, with naan or pita bread, or with steamed green vegetables

Serves 4

Active Time: 25 minutes Total Time: 25 minutes plus time for marinating (3-10 hours)

### Notes

\* Any good unflavored oil will work well in place of the O&V [Roasted Garlic grapeseed](#) oil, just add a little more minced garlic to the marinade. The [Cajun Paprika Rub](#) has sea salt, coriander, garlic, pepper, mustard, chili flakes and some herbs like oregano, thyme, and marjoram along with a little paprika. Feel free to make up your own blend using these spices if you prefer, but regardless of the spice mix, make sure to go heavy on the [Smoked Paprika](#). It provides a really wonderful depth of flavor.

Categories: Entrée, Appetizer, Poultry, Chicken, Cajun Paprika Rub, Smoked Paprika, Roasted Garlic Grape Seed Oil, Spicy Grilled Chicken, Easy Weeknight Meal, Weekend Meal Prep,