

# MIXED GRILL MEDITERRANEAN STYLE



## INGREDIENTS

8 Chicken thighs, skin removed  
1 large eggplant  
3 medium tomatoes  
1¼ cups Nonfat plain Greek Yogurt  
1 T fresh parsley, chopped  
1½ t dried oregano  
1 clove garlic, grated  
1 T extra virgin oil (You will need more for brushing)  
1 t smoked paprika  
Kosher salt (to taste)  
Black pepper, freshly ground

## DIRECTIONS

Preheat grill to medium high. Mix yogurt, garlic, parsley, and oregano in a bowl. Put ¼ cup of the yogurt mixture in a separate bowl and add salt and pepper to taste. Coat chicken with mixture. Stir the olive oil into the remaining yogurt mixture and set aside. Wash eggplant and tomatoes and pat dry. Cut both in quarters (the eggplant, lengthwise). Brush the grates of the grill with olive oil and grill chicken, turning over when half done. Brush sides of eggplant with olive oil and sprinkle with salt and paprika. Grill skin down for about 15 minutes or until soft. Turn over and continue grilling until tender. Put tomatoes on grill for about 3 minutes, turning over once. Serve chicken, eggplant and tomatoes with the yogurt sauce.