

BBQ Yogurt and Chive Chicken Strips



Prep time 30 minutes

Cook time 20 minutes

Total time 50 minutes

Meal type [Lunch](#), [Main Dish](#), [Side Dish](#)

Misc [Child Friendly](#), [Pre-preparable](#), [Serve Cold](#), [Serve Hot](#)

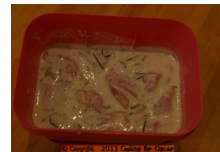
Occasion [Barbecue](#)

Ingredients

- 500g chicken fillets
- Yogurt and chive marinade (refer to recipe)

Directions

1. Slice the chicken into thin strips.
2. Combine the chicken and marinade in a bowl, cover and refrigerate for at least 30 minutes (longer is better).
3. Cook on the BBQ.



Note

Amines, Low Salicylates, Low Glutamates

Refer to [basics page](#) for marinade recipes.

A note on yogurt: "Fresh yogurt, natural, plain or vanilla" is listed in the 2011 version of the RPAH Elimination Diet Handbook as low chemical. The previous 2009 version listed "Yogurt" as moderate in Amines. The definition of "fresh yogurt" in the 2011 version is not clear. All recipes on this site use the moderate amines rating for yogurt. If you are using fresh yogurt then the amine level of that ingredient will be low. There may, however, be other amine ingredients in the recipe.