



Grilled Chicken and Vegetables with Yogurt and Mustard

Serves 4

I grilled small zucchini and garlic scapes, which are what I found at the market this week. Feel free to try this with whatever grilled veggies you like!

If you don't have a grill or grill pan, you could turn to the broiler. I usually broil food by setting it on a rack over a lined baking sheet and broiling about 4 inches from the heat. You'll have to play around with the timing since I didn't test the recipe this way!

1 ½ cups whole milk, plain yogurt

⅓ cup Dijon mustard

1 to 2 tablespoons fresh herb leaves, such as thyme, marjoram, summer savory, tarragon, chopped chives (or a blend)

3 tablespoons extra-virgin olive oil, divided, plus more for the grill

Fine sea salt and freshly ground pepper

1 ½ to 2 pounds boneless, skinless chicken thighs

6 small zucchini (about 5 inches long each)

¼ pound garlic scapes (about 6 scapes) (optional)

Make the marinade/sauce

In a large bowl, whisk together the yogurt, mustard, herbs, 1 tablespoon olive oil, ½ teaspoon sea salt, and a few grinds of pepper.

Pour about three quarters of the marinade into a smaller serving bowl and refrigerate until you're ready to serve.

Add the chicken to the large bowl and toss with the remaining marinade. Let it hang out while you grill the vegetables or you can refrigerate it for up to 8 hours. (The yogurt will act as a tenderizer for the meat.)

Prep and grill the vegetables

Light a grill or preheat a grill pan over medium high heat.

Cut the zucchini in half lengthwise. Trim any browned or tough pieces from the garlic scapes.

In a large bowl, toss the zucchini with 1 tablespoon olive oil and ¼ teaspoon salt.

Using a paper towel coated in some oil, rub the grill grates with oil. (Hold the paper towel with tongs.)

Grill the zucchini cut side down until grill marks form, about 3 minutes. Flip and cook until the zucchini are just tender, about 3 minutes longer. Transfer to a serving platter.

In the same bowl used for the zucchini, toss the garlic scapes with another 1 tablespoon olive oil and a couple pinches of salt. Spread out the scapes on the grill and use tongs to move them around frequently. Grill them until blistered in spots and crisp tender, about 4 minutes. Transfer to the platter.

Grill the chicken

Oil the grill grates again.

Remove the chicken from the marinade, allowing any excess to drip back into the bowl.

Grill the chicken skinned side down until grill marks form, about 4 minutes. (Reduce the heat to medium if you're getting any flare-ups or if the chicken seems like it's burning.) Flip and grill until the chicken is cooked through, about 4 minutes longer.

Transfer the chicken to the platter and serve with the vegetables and reserved sauce.

The short version

- Whisk the yogurt, mustard, herbs, 1 tablespoon olive oil, ½ teaspoon sea salt, and a few grinds of pepper. Set aside three-quarters for serving and marinate the chicken in the rest.
- Cut the zucchini in half and trim the garlic scapes, then toss with oil and salt and grill them.
- Grill the chicken and serve with the vegetables and sauce.

Fun for kids

- Pick herbs.
- Whisk together the marinade.
- Toss the veggies with oil and salt.

Swaps

- Instead of boneless, skinless chicken thighs, use thin-cut chicken breasts or chicken tenders.
- If you can't find small zucchini, use medium-sized and cut into ½ inch thick slabs.
- Play around with the herb mix or if you don't have fresh herbs, use ½ to 1 teaspoon dried herbs.
- If you only have Greek yogurt, use a bit less and thin it out with a little water.

Bonus points

- The garlic scapes add a welcome garlicky flavor, but if you're not using them, you could add a little garlic powder or fresh garlic to the marinade/sauce.
- The marinade is pretty punchy as-is but you could add a little lemon juice or squeeze some lemon juice over the chicken and vegetables after they're grilled.
- To bulk it out, serve with some rice or grilled bread.