

# Demi's Buttermilk Chicken

## Ingredients:

- ▷ Chicken and Marinade:
- ▷ 4 chicken breasts
- ▷ kosher salt and pepper
- ▷ 2 tsp garlic powder
- ▷ 2 tsp onion powder
- ▷ 3 tsp cumin
- ▷ 2 tsp Adobe Seasoning --(Penzeys)
- ▷ 2 tsp smoked paprika
- ▷ 1 cup buttermilk (1 cup yogurt)
- ▷ 1/4 cup olive oil

## Directions:

1. Season the chicken generously with salt and pepper and other seasonings on each side.
2. Place chicken in a ziplock bag and add Buttermilk or yogurt along with olive oil.
3. Before grilling or baking, let excess liquid drop off and place in a baking dish with some extra olive oil.
4. I usually bake in a 375 degree oven for about 40 min.

