

# Chicken Adobo

## Also Known As

<b>Course</b>	<b>Yield</b>	<b>Type of Food</b>	<b>Main Ingredient</b>
Entrée	4 servings	Meat	Chicken

### Comments

This is a delicious Caribbean style chicken dish. If you replace the adobo seasoning with tandoori seasoning, then you will have a very delicious Mediterranean dish.

**Prep Time** 10 minutes      **Cooking Time** 1 hour      **Ethnic Origin** Caribbean

1/8=.125   1/4=.25   1/3=.33   3/8=.375   1/2=.5   5/8=.625   2/3=.66   3/4=.75   7/8=.875

	<b>Pre-Heat?</b> <input checked="" type="checkbox"/> Yes	<b>Temperature</b> 350	<b>Grease Pan?</b> <input checked="" type="checkbox"/> Yes
<b>Measure</b>	<b>Ingredient</b>	<b>Measure</b>	<b>Ingredient</b>
4	chicken breasts, halves		
8 oz.	yogurt, dried (see Note)		
1 Tbs.	adobo seasoning		

### Instructions

Mix adobo seasoning into yogurt so that they are thoroughly mixed.  
Spread mixture all over chicken breasts until well covered.  
Put in greased baking dish and bake uncovered for 1 hour.

Note: Some cooks like to brown the chicken skin before applying the adobo mixture.

Note: You may either buy Greek yogurt or make your own. To make dried yogurt, put 8 ozs. of American style yogurt (heavy on the whey) into a quadruple layer of cheese cloth. Tie up the four ends forming a sack and hang on your kitchen faucet over night. When you awaken the next morning, you have dried yogurt.