Easy 4 Ingredient Chicken Recipes

Four ingredients make tangy yogurt-coated chicken thighs with a golden oven finish.

PREP 5 min	COOK 25 min	REST 5 min	YIELD 4 servings



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1/3 cup (80 ml) plain yogurt
- 1 tbsp (15 ml) lemon juice
- 1 tbsp (8 g) salt-free garlic-herb seasoning

METHOD

1. Heat oven to 425°F (220°C). Pat thighs dry.
2. Mix yogurt, lemon juice and garlic-herb seasoning, then coat chicken.
3. Arrange in a single layer on a parchment-lined rimmed tray.
4. Bake 22-28 minutes until each thick thigh reaches 165°F (74°C).
5. Rest 5 minutes and serve hot.

Doneness: Verify 165°F (74°C) in the thickest chicken pieces, away from bone. Ground chicken and the center of a casserole must also reach 165°F (74°C). Time is an estimate; use a food thermometer.

TIPS, VARIATIONS & STORAGE

Practical notes for cooking and keeping leftovers safe.

TIPS

• Choose a salt-free seasoning blend so the recipe truly uses four ingredients.

COMMON MISTAKES TO AVOID

• Relying on color alone for doneness.
• Overcrowding the cooking vessel.
• Skipping the thermometer check.
• Adding extra salt before tasting.

VARIATIONS

• Spicy: substitute salt-free Cajun seasoning.
• Herby: use salt-free Italian seasoning.
• Citrus: use lime juice instead of lemon.

SERVE

Serve hot in four portions. Pair with a green salad.

STORE & REHEAT

Refrigerate: Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days. Include any prior storage time of cooked chicken.

Freeze: Freeze cooled portions promptly in airtight containers for up to 2 months for best quality. Thaw in the refrigerator. Creamy sauces may separate and crisp coatings soften.

Reheat: Reheat leftovers to 165°F (74°C) throughout. Use a covered oven dish at 350°F (175°C), or heat sauced dishes gently in a saucepan with a splash of water. Reheat crisp pieces uncovered. Check several spots.

FAQ

Can I prepare this ahead? Measure ingredients and refrigerate separately; cook and assemble as directed.

How can I check the chicken is done? Measure 165°F (74°C) in the thickest pieces with a thermometer.

Can I change the vegetables or seasoning? Follow the variations and cook any added vegetables until tender.

Food safety: Cook chicken to 165°F (74°C), checking the thickest part with a thermometer. Refrigerate promptly.