



#MakeItGAP

RECIPES

GREEK LEMON CHICKEN SKEWERS WITH TZATZIKI SAUCE

YIELD: 6 Servings

INGREDIENTS:

GREEK LEMON CHICKEN SKEWERS

1 1/2 pounds boneless skinless chicken breasts,
cut into approximately 1 inch cubes
3 Tbsp. fresh lemon juice
1 Tbsp. red wine vinegar
1 Tbsp. extra virgin olive oil
2 cloves of garlic, *minced*
2 tsp. dried oregano
1/2 tsp. dried parsley
1/2 tsp. coriander
3/4 tsp. kosher salt
1/8 tsp. black pepper

TZATZIKI SAUCE

1 cup shredded English cucumber, *you can also dice the cucumber*
1 1/2 cups plain non-fat Greek yogurt
Juice of half a lemon
1 Tbsp. chopped fresh dill
1/2 tsp. grated garlic, *1 teaspoon if you like it extra garlicky*
1/2 tsp. kosher salt
Black pepper to taste
Lemon slices, *for garnish*

PREPARATION:

GREEK LEMON CHICKEN SKEWERS

After cubing the chicken, in a large bowl whisk together the remaining ingredients then add in the cubed chicken and toss to coat. Cover and refrigerate the chicken for 45 minutes to 3 hours.

Heat the grill to medium-high heat.

Oil the grates of the grill or grill pan. Thread the chicken onto metal or wooden skewers, if using wooden skewers, be sure to soak in water for 30 minutes. Once grill is heated, place the chicken skewers on the grill.

Grill the chicken skewers for 3-4 minutes then flip over and grill for another 3-4 minutes or until the chicken is cooked through.

TZATZIKI SAUCE

In a medium sized bowl combine the ingredients except the cucumber and whisk together. Stir in shredded or diced cucumber and refrigerate until ready to serve.

Serve chicken skewers with tzatziki sauce and fresh lemon slices.

Recipe adapted from reciperunner.com