

GREEK CHICKEN SKEWERS

INGREDIENTS

1 pound chicken breast cut into chunks

2 cloves garlic (peeled and minced)

2 tbsp fresh lemon juice

3 tbsp olive oil

1 tsp dried oregano

1 tsp sea salt

1/2 tsp ground black pepper

1 red bell pepper cut into 1-inch chunks

1 small red onion cut into 1-inch chunks

Tzatziki Sauce

1 cup plain Greek yogurt

1 clove garlic, minced

1 tbsp olive oil

1 tbsp fresh lemon juice

1 seedless cucumber, grated

1 tbsp dill

sea salt and pepper to taste

PROCEDURE

Make the chicken marinade. olive oil, dried oregano, salt, and ground black pepper in a large bowl.

Add the chicken pieces and toss them to coat with the marinade. Cover and refrigerate for at least 30 minutes or up to 3 hours.

Remove the chicken from the marinade and thread the pieces onto four skewers, alternating with the red bell pepper chunks and the red onion chunks.

If you are using wooden skewers, soak them in water for a few minutes before using to prevent them from catching fire while cooking.

If you are grilling, place the chicken on the grill and cook for about 5 minutes, turn and cook for an additional 5 minutes or until the chicken is fully cooked through.

If you are broiling, cook for about 10 minutes or until chicken is fully cooked through.

Tzatziki Sauce

Add the Greek-style yogurt, garlic, olive oil, and lemon juice to a bowl. Grate the cucumber and squeeze out the excess water.

Add the grated cucumber to the yogurt mixture, stir in the fresh dill, and season with salt and pepper to taste.

NATURAL HEALTH

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