

Greek Chicken Kabobs

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Ingredients:

4 Chicken Breast
(Cut into 1" chunks)

1 Green bell pepper

1 Red bell pepper

1 Yellow bell pepper

1/5 Red onion

1 Cup grape tomatoes

6 oz. Greek yogurt

1 Tbsp. Greek seasoning

8 Wooden kabob sticks

Directions:

Soak sticks in water for 20 minutes.

Heat grill or griddle on medium heat.

Stir Greek seasoning into Greek yogurt. Cut peppers into 1" chunks. Make sure they are similar sizes to ensure even cooking. Skewer each stick with equal amounts of chicken, peppers, onion and tomatoes. Brush each kabob with a generous amount of the yogurt mixture. Cook kabobs for 8 minutes or until vegetables are tender and chicken is cooked through. Rotate to cook all sides.

Serve them with rice or salad.

Yields: 4 servings • Serv. size: 2 kabobs • Cals per serving: 295 • Fat per serving: 1 gram