

Greek Chicken Kabobs

Ingredients:

4 Chicken Breasts
(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

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