



Greek Chicken Kebabs

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template approved



prep time
20 minutes



total time
40 minutes
excludes marinating time



servings
4-5

Ingredients

Marinade:

- 1/3 cup olive or avocado oil ~ 5 fat servings
- 1/4 cup lemon juice
- 1 Tbsp. apple cider vinegar
- 2 Tbsp. fresh oregano leaves, chopped (or 2 tsp. dried)
- 3 garlic cloves, finely minced
- 1/2 tsp. sea salt
- 1/2 tsp. black pepper
- 1/4 tsp. red pepper flakes

Skewers:

- 1 1/2 lbs./675 grams chicken breasts (~3-4 breast) or chicken thighs, cut into 2-inch pieces ~ 23 protein servings
- 1 medium zucchini, sliced 1/2 inch thick rounds ~ 1 veggie serving
- 1 large sweet bell pepper, cut into 1 to 1 1/2 inch squares ~ 1 veggie serving
- 1 medium red onion, cut into 1 to 1 1/2 inch squares ~ 1 veggie serving
- 6-8 skewers (for wooden skewers soak in water for 30-minutes before assembling kebabs)

Tzatziki sauce:

- 1/2 cup grated English cucumber, squeezed to remove water ~ 1/2 veggie serving
- 1/2 cup/140 grams plain non-fat Greek yogurt ~ 2 protein servings
- 1 1/2 Tbsp. lemon juice
- 1 Tbsp. olive oil or avocado oil ~ 1 fat serving
- 1 Tbsp. fresh dill (or 1 tsp. dried)
- 2 garlic cloves, minced
- 1/4 tsp. sea salt
- 1/4 tsp. black pepper

backyard bbq

Instructions

- 1 Chop all of the veggies, cut up the chicken and prepare the marinade. Combine all of the marinade ingredients in a small bowl and whisk well. Transfer about 3/4 of the marinade to a glass container or zip-top bag (keeping the remaining 1/4 of the marinade for step 6).
- 2 Add the chicken to the container or bag, turning to coat. Marinate for 4-24 hours. Toss chicken a few times during the marinating time. Place veggies in an airtight container and store in the fridge until it is time to assemble the kebabs.
- 3 To make the tzatziki sauce, combine all of the ingredients in a small bowl. Mix well. Cover and place in the refrigerator until ready to serve.
- 4 Preheat the grill to 400°F.
- 5 Put together the kebabs by threading the chicken and veggies onto the skewers. Discard the marinade used for the chicken.
- 6 Brush the chicken and veggies with the remaining marinade from step 1.
- 7 Grill until the chicken is cooked through, about 5-7 minutes on each side or until juices run clear or the internal temperature of chicken reaches 165°F.
- 8 Serve chicken kebabs with Tzatziki.



Whole Recipe Serving Breakdown:

25 servings protein

6 servings fat

~3.5 servings veggies

