

Carla Due, Miller County Extension Agent



Grilled Chicken, Onion & Mint Kebabs w/Greek Salad

Source: Cooking with Extension / **Yield:** 8 servings | 213 Calories per serving. Total fat 10g; Protein 27g; Total carbohydrate 3g; Dietary fiber 1g, Sodium 553mg.

INGREDIENTS:

- 1 ½ lbs. skinless boneless chicken breast halves, cut into 1-inch pieces
- 4 tablespoons extra-virgin olive oil, divided
- 4 garlic cloves, crushed
- 1 teaspoon dried mint
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 tablespoons fresh lemon juice
- 1 bunch fresh mint, washed & patted dry
- 1 red onions, cut into 1-inch pieces
- 8 (12-inch) metal skewers

DIRECTIONS:

1. Mix chicken, 2 tablespoons oil, garlic, dried mint, oregano, salt and pepper in medium bowl. Let marinate 30 minutes. Whisk remaining 2 tablespoons oil and lemon juice in small bowl to blend.
2. Prepare grill (medium-high heat).
3. Pull off large mint leaves from stems. Alternate chicken, onions and mint leaves on skewers; sprinkle with salt and pepper.
4. Grill until chicken is just cooked through, turning and basting occasionally with oil-lemon mixture, about 9 minutes. Serve Greek Salad alongside.

These colorful kebabs feature the popular Greek flavors of mint and oregano. Serve them over rice or with pita bread.