

Lemon & Herb Chicken Kebabs

HANDS-ON TIME: 50 min

TOTAL TIME: 50 MIN;

SERVES 4: 2 kebabs and 2

Tbsp sauce each

Ingredients:

- 1 cup low-fat plain yogurt
- Zest of 1 lemon
- 1 Tbsp lemon juice
- 1 1/2 Tbsp chopped fresh oregano and/or marjoram
- 2 cloves garlic, minced
- 2 Tbsp extra virgin olive oil, divided
- 3/4 tsp salt, divided
- 1/2 tsp ground pepper, divided
- 1 lb boneless, skinless chicken thighs, trimmed, cut into 1-inch pieces
- 1 large bell pepper, cut into 1-inch pieces
- 1 medium red onion, cut into 1-inch pieces



Instructions: *Herbed yogurt does double duty as a marinade and dipping sauce for these colorful kebabs. Serve with brown rice or quinoa and a green salad.*

1. Combine yogurt, lemon zest, lemon juice, oregano (and/or marjoram), garlic, 1 Tbsp oil, 1/2 tsp salt and 1/4 tsp pepper in a medium bowl. Transfer 1/2 cup of mixture to a small bowl and refrigerate until ready to use.
2. Add chicken to the remaining yogurt mixture and stir to coat. Let marinade at room temperature for 20 minutes or refrigerate up to 1 day.
3. Preheat grill to high.
4. Toss bell pepper and onion in a large bowl with remaining 1 Tbsp oil and 1/4 tsp each salt and pepper. Thread the marinated chicken, bell pepper and onion pieces alternately onto eight 8-10 inch skewers.
5. Reduce grill heat to medium. Oil the skewers, turning once, until the chicken is cooked through and the vegetables are tender-crisp, 6 to 8 minutes per side. Serve with the reserved yogurt sauce for dipping.

CAL 291 | FAT 16G (SAT, 4G) | CHOLESTEROL 79MG | CARBS 10G | SUGARS 7G |
PROTEIN 25G | FIBER 2G | SODIUM 545MG | POTASSIUM 434MG

From EATINGWELL May/June 2016

Get 15 best grilling tips at eatingwell.com/webextra