

# Grilled Mediterranean Chicken Kabobs

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 lb Chicken Breast (boneless, skinless, diced into cubes)
- 1 Zucchini (large)
- 1 Lemon (juiced)
- 1 1/2 tsps Apple Cider Vinegar
- 1 tbsp Oregano (dried)
- 2 tsps Extra Virgin Olive Oil (divided)

## NUTRITION

### AMOUNT PER SERVING

|           |      |           |      |
|-----------|------|-----------|------|
| Calories  | 209  | Iron      | 1mg  |
| Fat       | 10g  | Vitamin D | 1IU  |
| Carbs     | 3g   | Folate    | 26µg |
| Fiber     | 1g   | Magnesium | 43mg |
| Protein   | 26g  | Zinc      | 1mg  |
| Vitamin C | 13mg |           |      |

## DIRECTIONS

- 01 Combine the lemon juice, apple cider vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
- 02 Dice the zucchini into large chunks. Toss in the remaining olive oil.
- 03 Slide the marinated cubed chicken and zucchini onto the skewers.
- 04 Preheat the grill to medium heat.
- 05 Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
- 06 Remove the kabobs from the grill and divide onto plates. Enjoy!

## NOTES

### RECIPE ID 317

### SERVING SIZE

One serving is equal to approximately two kabobs.

### WOODEN SKEWERS

If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

### ALTERNATIVE TO VINEGAR

Use the liquid that passes through the strainer from homemade yogurt.