

Greek Lemon Chicken Kebobs

With Tzatziki



 4 Servings  55 minutes

INGREDIENTS

- 1 lb chicken tenderloins, cut into 1" pieces
- ¼ cup extra-virgin olive oil, divided
- 1 fresh lemon, juiced, divided
- 3 cloves garlic (2 minced and 1 grated)
- ½ tsp ground cumin
- ¼ tsp ground turmeric
- ¾ tsp kosher salt, divided
- ¼ tsp freshly ground black pepper
- 1 cup plain, low-fat Greek yogurt
- 1 tsp fresh dill, finely chopped
- ½ cup grated cucumber

INSTRUCTIONS

- 1.1 large zip-close bag, add chicken, 3 tbsp olive oil, all but 1 tbsp of lemon juice, minced garlic, cumin, turmeric, ½ tsp kosher salt, and pepper. Close bag and mix with your hands until chicken is evenly coated. Marinate in the refrigerator for at least 30 minutes.
2. In a mixing bowl, combine the remaining 1 tbsp of olive oil and 1 tbsp lemon juice, grated garlic, the remaining ¼ tsp kosher salt, yogurt, and dill. Stir to combine.
3. Place cucumber in a clean kitchen towel or several paper towels and squeeze tightly to remove any excess moisture. Gently stir it into yogurt mixture. Set tzatziki sauce aside until serving.
4. Generously oil the grill and preheat it to medium.
5. Evenly divide chicken pieces among 4 skewers. Grill until chicken reaches an internal temperature of 165 degrees F, about 10–15 minutes, turning halfway through. Serve with tzatziki sauce.

Add a tomato, cucumber, and red onion salad, for a complete meal.

Nutrition

Calories: 294 / Carbohydrates: 5g / Protein: 32g / Fat: 16g / Saturated Fat: 2.6g