

GUASTELLO'S VILLAGE MARKET

Grilled Chicken Skewers

Ingredients:

For the chicken and marinade:

1/2 cup plain Greek Yogurt
1/4 cup olive oil
2 minced garlic cloves
2 teaspoons dried thyme
2 teaspoons dried oregano
1/4 teaspoon cayenne pepper
1 teaspoon salt
1 teaspoon pepper
4 boneless, skinless chicken breasts cut into one inch cubes

For the lemon dressing:

2 Tablespoons chopped fresh basil
1/4 cup olive oil
2 minced garlic cloves
3 Tablespoons lemon juice

To make the kebobs:

2 red peppers (or 1 red and 1 yellow)
1 large red onion cut into chunks
long wooden skewers

To serve:

pita bread
Yogurt Herb Dipping Sauce

Directions:

In a large container whisk together the ingredients for the marinade.

Add the chicken and marinate for at least 3 hours but no more than 6.

In another bowl, make the Lemon Dressing. You will brush this on the skewers after they come off the grill.

Get your veggies ready and thread on skewers that have been soaked in water for about 30 minutes. Otherwise the wood skewers will catch on fire. Don't ask me how I know that.

Grill over high heat until the chicken and vegetables are charred around the edges on all four sides and cooked through. About 3 minutes per side. Put on a platter and brush with the Lemon Dressing before serving.

Yogurt Herb Dipping Sauce

Ingredients:

1 cup plain Greek Yogurt, if you use regular yogurt, strain it overnight in the refrigerator to remove some of its liquid
3 Tablespoons olive oil
2 Tablespoons lemon juice
1 garlic clove minced

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1 Tablespoon minced fresh basil
1 Tablespoon minced fresh mint
1/2 teaspoon salt
1/4 teaspoon pepper
1 English cucumber peeled and grated (or you can just chop it very fine)

Instructions:

Add your strained yogurt or your Greek yogurt to a bowl.

If you grate the cucumber (which I prefer over chopping it) you need to get the excess water out of the cucumber. I wrap it in a kitchen towel and squeeze the water out until it is almost dry. Add the remaining ingredients to the bowl and mix well. I do make this dip a few hours before I am going to serve it. You can make it ahead of time and it will taste delicious but the water will start to come out of the yogurt and cucumbers so you will need to mix until it comes back together.

~ Credit: bakedbree.com