



## *Mediterranean Grilled Chicken Skewer*



### **Ingredients:**

- 2 lbs boneless, skinless chicken breast cut into 2-inch pieces
- 2 tbsp olive oil
- ½ lemon, juiced
- 1 tsp dried oregano
- 1 tsp dried parsley
- ¼ tsp cayenne pepper
- ¼ tsp salt

### **Method:**

1. In a small bowl, mix the olive oil, lemon juice, oregano, parsley, cayenne pepper, and salt.
2. Add the chicken, making sure each piece is covered. Cover and refrigerate for at least 30 minutes or overnight.
3. Prepare grill for medium direct heat.
4. Thread chicken pieces onto skewers.
5. Grill skewers for about 12 minutes, flipping once halfway through cooking or until internal temperature reaches 165 degrees. Serve with a tzatziki sauce

### **Chef's Tips:**

- For best flavor, use a charcoal or gas grill. When this isn't an option, a grill pan will work just fine.
- If using bamboo or wooden skewers, soak them at least 20 minutes before threading chicken. This will prevent them from charring.
- Adjust the spice level by increasing or decreasing the amount of cayenne.