



Mediterranean Grilled Chicken Skewers with Tzatziki Sauce



Ingredients:

- 2 lbs boneless, skinless chicken breast cut into 2-inch pieces
- 2 TBLS olive oil
- ½ lemon, juiced
- 1 tsp dried oregano
- 1 tsp dried parsley
- ¼ tsp cayenne pepper (adjust heat level by increasing/decreasing amount of cayenne)
- ¼ tsp salt

Method:

1. In a bowl, mix the olive oil, lemon juice, oregano, parsley, cayenne pepper, and salt.
2. Add the chicken, mix well, cover, and refrigerate (at least 30 minutes or overnight is better).
3. Prepare grill for medium direct heat.
4. Thread chicken pieces onto skewers (skewers must be soaked in water for at least 20 minutes to prevent charring).
5. Grill skewers for about 12 minutes, flipping once halfway through cooking or until internal temperature reaches 165 degrees.
6. Serve with a Tzatziki, pita and sliced tomatoes and raw onions.

Homemade Tzatziki Sauce

Ingredients:

- 1 ½ cups plain Greek yogurt
- 1 Cup cucumber grated and water removed
- 2 TBLS fresh dill, finely chopped
- 2 TBLS garlic cloves, finely minced
- ¼ tsp salt
- 1 ½ TBLS olive oil

Method:

1. Mix all ingredients together in a bowl.
2. Let tzatziki sauce sit for 15 minutes for flavors to come together.
3. Taste and adjust lemon, herbs, salt to your personal taste.
4. Chill until ready to serve. Store leftovers in the refrigerator.