

GREEK CHICKEN SKEWERS WITH TZATZIKI

INGREDIENTS:

- 1 1/2 chicken breasts, cut into 1-inch cubes
- Skewers

MARINADE:

- 1 cup olive oil
- 1/2 teaspoon cayenne pepper
- 1/2 cup lemon juice
- 5 – 6 garlic cloves
- 1/4 cup fresh mint
- 2 tablespoons dried oregano
- 2 tablespoons fresh rosemary
- 1/2 cup Greek yogurt
- 1 tablespoon red wine vinegar
- Salt and pepper to taste

TZATZIKI:

- 1 cup plain Greek yogurt
- 2 garlic cloves, peeled and minced
- 3/4 cup cucumber, peeled, seeded and finely diced
- 1 tablespoon fresh dill, finely chopped
- 1 tablespoon fresh lemon juice
- Salt and pepper to taste
- 1 teaspoon mint, chopped (optional)

DIRECTIONS:

1. Place chunked chicken into a gallon-sized Ziploc bag.
2. Place all marinade ingredients into a food processor and blend together. Pour marinade over chicken. Marinate for at least an hour. Remove from fridge 15 minutes before ready to grill or bake. Put chicken on skewers.
3. *Grilling:* Oil grill grates and grill skewers for 15 minutes, or until internal temperature reaches 160°F. *Baking:* preheat oven to 400°F. Lightly oil pan, and place skewers. Bake for 15 – 20 minutes.
4. Meanwhile, prepare the tzatziki, by mixing all ingredients into a bowl. Serve chicken with tzatziki dipping sauce.

Nutrition Facts	
Serving Size 1 skewer (297g)	
Servings Per Container 4	
Amount Per Serving	
Calories 470	Calories from Fat 280
% Daily Value*	
Total Fat 32g	49%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 90mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 35g	
Vitamin A 4%	• Vitamin C 20%
Calcium 15%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
 (907) 631-7630
 southcentralfoundation.com

Source: eazypeazymealz.com

