

Greek-Marinated Chicken and Veggie Kabobs

3/4 pound boneless chicken (breasts or thighs)
Sliced or whole veggies of choice, in uniform size
1/2 large lemon, juiced (about 2 tablespoons)
1 teaspoon minced garlic
3 tablespoons plain Greek yogurt
3 tablespoons olive oil, divided
1 teaspoon fresh minced oregano
Ground black pepper, to taste

Cut the chicken into uniform chunks, about a half-inch in width/height. Prep all your veggies and keep cool, if needed. In a small glass bowl, add the lemon juice, garlic, yogurt, 1 tablespoon of the olive oil, minced oregano, and ground black pepper. Whisk until smooth and completely blended. Pour 3/4 of the marinade over the chicken in a quart zip-top/lock baggie and add the chicken and squish around until covered. Refrigerate for at least one hour or up to three.

Add 2 more tablespoons of olive oil to the remaining marinade and whisk until smooth again and refrigerate. This will be used for your veggies. After the chicken is done marinating (about 45 minutes before you want to eat), skewer the chicken and veggies, in any combination you want and place on a large baking tray. I used sliced squash, zucchini, red onion, and cherry and grape tomatoes, but really you can use any vegetables that you want. Brush the remaining marinade over the veggies on all sides.

Place skewers on the grill, and cook for about 10 minutes on each side, flipping once halfway through the cooking time. Depending on the shape of your chicken, you might have to do quarter-turn flips. Remove from grill and place on tray and cover with foil for a few minutes. We served this with pasta, but you could also do rice or potatoes. Just time your cooking of that side accordingly with this, OR just eat lots of chicken and veggies! Enjoy!