

Wellness Corner

Cypriot Chicken Kebabs

Marinade

- 1 T Extra virgin olive oil
- 2 T Apple cider vinegar
- 1 t Dijon mustard (or spicy brown)
- 1/2 t Dried oregano
- 2 Cloves garlic, minced
- 2 T Fresh parsley, chopped
- Salt and freshly ground pepper, to taste



Kebabs

- 12 oz Boneless, skinless chicken breast, cut into 12 even pieces
- 1 Zucchini, cut into 8 slices
- 1 Medium red bell pepper, cut into 8 slices
- 8 Cherry tomatoes

Dressing

- 12 Fresh mint leaves
- 1 C Frozen peas, cooked
- 1 T Extra virgin olive oil
- 1 Clove garlic, minced
- 1/4 t Cumin
- Juice of one lemon

Instructions

1. Whisk together marinade ingredients and set aside 1 tablespoon for basting later. In shallow dish, cover chicken with marinade until well coated. Cover and marinate in refrigerator for at least 2 hours.
2. Using four kebab skewers, arrange 3 pieces of chicken and 2 pieces each of zucchini, pepper and tomatoes per skewer. For easier grilling, start and end each skewer with chicken.
3. Coat grill lightly with oil to prevent sticking. Place skewers on medium-hot grill. Turn frequently and brush with reserved marinade. Cook for 18 - 25 minutes or until juices run clean. Cooking time will depend on size of chicken pieces and temperature.*
4. In meantime, for dressing, place ingredients in food processor or blender. Puree and set aside.
5. After removing kebabs from grill, let stand 5 minutes. Serve with dressing on side.

*An alternative cooking method is to pre-heat oven to 400 degrees. Place skewers on shallow baking dish on center rack. Bake 10 minutes. Baste and turn over, baste and bake for additional 10 - 15 minutes or until chicken is cooked.

Calories: 200 Protein: 21 g Carbohydrates: 10 g Dietary Fiber: 3 g Fat: 8 g Sat fat: <1 g
Cholesterol: 105 mg Sodium: 105 mg

Recipe and photo from: http://preventcancer.aicr.org/site/News2?page=NewsArticle&id=22356&news_iv_ctrl=0&abbr=pr_hf_



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