



Chicken Souvlaki

Serve topped with grilled French bread and topped with Tzatziki

by Bill Bradley, Registered Dietitian and Cookbook Author

Ingredients (Serves 4)

- Juice of 1 lemon
- 1/4 cup extra virgin olive oil
- 3 cloves garlic, minced or pressed
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1 pound chicken breast, cut into 1" squares

Directions

1. Mix first 5 ingredients in a Ziploc bag large enough to fit chicken.
1. Add chicken to marinade in bag and let it marinate in fridge for at least 1 hour (2-3 hours is even better). Shake bag once in middle of marinating.
1. When ready to grill, remove chicken from marinade, skewer, and grill on medium heat until cooked through.