



Dinner Recipes

Chicken Kebabs with Tzatziki

Ingredients:

- 2 lbs boneless-skinless chicken breast
- ¼ cup olive oil
- 3 T fresh lemon juice
- 1 T red wine vinegar
- 3 garlic cloves (minced)
- 2 tsp dried oregano
- ½ tsp dried basil
- ½ tsp dried thyme
- ½ tsp dried coriander
- 2 large bell peppers diced
- 3 zucchini sliced
- 1 red onion diced



Tzatziki Sauce:

- 1 medium cucumber (peeled and seeded), chopped into small pieces
- 1 tsp salt
- 1 cup plain greek yogurt
- 1 garlic clove minced
- 1 T fresh lemon juice
- 1 T olive oil
- 1 T chopped parsley
- 1 T chopped fresh dill
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Directions:

1. Prepare the marinade (1/4 cup olive oil, lemon juice, vinegar, garlic, oregano, basil, thyme, coriander and season with salt and pepper to taste). Let chicken soak in the marinade for about 2 hours.
2. Cut the chicken into pieces for the kebobs.
3. Toss the veggies in 2 T olive oil
4. Soak wooden skewers in water for 30 minutes



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5. Preheat grill to medium-high heat
6. Thread the chicken pieces, peppers, zucchini and onions on the skewers
7. Cook skewers for 7-9 minutes, until chicken is 165 degrees in the center (turn after about 4 minutes).

Prepare the tzatziki sauce

1. Place chopped cucumber in a strainer and sprinkle with salt (lightly) let sit at room temperature for 30 minutes
2. Squeeze cucumbers in a paper towel to drain the excess water then place in a food processor and pulse to chop fine
3. Pour cucumbers into a mixing bowl add Greek yogurt, garlic, lemon juice, olive oil, parsley, and dill and season with salt and pepper to taste. Wisk all ingredients
4. Use over chicken kebabs and ENJOY!

Serving size is 1 kebab, makes 4-5 servings.

Nutrition Information:

Meal Plan Blocks:

1 serving with no sauce: 372 calories, 36 grams protein, 9 grams carbs, 20 grams fat

Sauce: 59 calories, 5 grams of protein, 3 grams of carbs, 2 grams of fat

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