

Grilled Mediterranean Chicken Kabobs

10 ingredients · 30 minutes · 4 servings



Directions

1. Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
2. Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
3. Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
4. Preheat the grill to medium heat.
5. Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
6. Remove the kabobs from the grill and divide onto plates. Enjoy!

Notes

Serve Them With

Rice, quinoa, grilled potatoes and/or tzatziki sauce.

Leftovers

Store covered in an airtight container in the fridge up to three days.

Serving Size

One serving is equal to approximately two kabobs.

Vegan & Vegetarian

Omit the chicken and use marinated tofu or whole mushrooms instead.

Wooden Skewers

If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

Ingredients

- 1 Lemon (juiced)
- 1 **tbsp** Red Wine Vinegar
- 1 **tbsp** Oregano (dried)
- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 16 **ozs** Chicken Breast (boneless, skinless, diced into cubes)
- 1 Zucchini (large)
- 1 Yellow Bell Pepper
- 1 **cup** Red Onion
- 2 **cups** Cherry Tomatoes
- 8 Barbecue Skewers