



Grilled Chicken Skewers with Cucumber Salad and Tzatziki

Submitted by
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Ingredients for the chicken

3 tablespoon lemon juice
1½ tablespoons olive oil
1½ teaspoons dried oregano
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon kosher salt
1½ pounds boneless skinless chicken breast cut into 2-inch pieces

Directions for the chicken

1. In a bowl, whisk together the lemon juice, olive oil, oregano, onion powder, garlic powder, and salt.
2. Add the chicken and toss to coat in the marinade. Marinate for 15 minutes or overnight.
3. **While the chicken is marinating, make the Tzatziki and Cucumber Salad.**
4. When ready to cook after marinating, heat a grill over medium heat.
5. Skewer the chicken leaving a little space between pieces.
6. Grill the kebabs until cooked through, about 4 to 5 minutes per side.
7. Serve chicken over white rice, topped with cucumber salad and tzatziki.

Ingredients for the Tzatziki (or use prepared tzatziki!)

1 cup Greek yogurt (I like 2% Fage yogurt)
½ cup grated cucumber
1½ teaspoons lemon juice
2 cloves garlic, grated
¼ teaspoon salt

Directions for Tzatziki

Combine all ingredients in a bowl and set aside.

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Ingredients for the Cucumber Salad

1 English cucumber peeled
¼ cup sliced red onion
1½ teaspoons chopped dill
1½ teaspoons lemon juice
1½ teaspoons olive oil
½ teaspoon kosher salt

Directions for the Cucumber Salad

1. Cut the peeled cucumber in half lengthwise. Scoop out the seeds and discard.
2. Cut the cucumber into ¼" slices.
3. In a bowl, combine the cucumber, onion, dill, lemon juice, olive oil, and salt.