

Chicken Kebabs with Tzatziki

Serves 4

For the kebabs:

1 1/2 lbs boneless, skinless chicken breasts, cut into 1-inch cubes

1 cup plain yogurt

Juice from 1 lemon

3/4 teaspoon kosher salt, more to taste

1/4 teaspoon freshly ground black pepper, more to taste

3 tablespoons olive oil, divided

1 tablespoon minced fresh rosemary

1 large red onion, cut into wedges

Flatbread or pitas, for serving

Special equipment: wooden skewers (soaked in water for at least twenty minutes)

For the tzatziki:

1 cup plain yogurt

1/4 cup sour cream

1/2 tablespoon white wine vinegar

1/2 hothouse cucumber, seeded and grated

Juice from 1/2 a lemon

1 tablespoon olive oil

1/2 tablespoon minced garlic

1 tablespoon finely chopped dill

1 teaspoon salt

1/4 teaspoon freshly ground black pepper

In a medium bowl, whisk together the yogurt, lemon juice, salt, black pepper, 2 tablespoons olive oil and the rosemary. Add the chicken cubes to the marinade and refrigerate, covered, for at least 30 minutes and as long as overnight. Toss the red onion wedges with the remaining 1 tablespoon of olive oil and season to taste with salt and pepper. Set aside.

To make the tzatziki, combine all of the ingredients in a small bowl. Cover and refrigerate for at least 30 minutes before serving. Stir the sauce before serving and adjust the seasoning if needed.

When ready to grill the kebabs, preheat a grill or grill pan over medium-high heat. Thread the chicken pieces and red onion slices on the wooden skewers being careful not to overcrowd the skewer. Grill the chicken and red onion for about 10 minutes total. Turn often for even cooking. Serve the grilled chicken and red onion wedges with the tzatziki. Or wrap the chicken and red onions with a flatbread or pita for a delicious Mediterranean sandwich.

This recipe came from Minced blog (www.mincedblog.com).