

## **Appetizer**

### **Mini Greek Chicken Kabobs**

Serves: 8; Serving size: 2 kabobs

#### **Ingredients**

##### Marinade

1 1/2 Tbsp canola oil  
1/2 tsp lemon zest  
1-2 Tbsp fresh lemon juice  
1 1/2 tsp Worcestershire sauce  
1 1/2 tsp dried oregano leaves  
1/2 tsp dried dill  
1 medium garlic clove, minced  
1/8 tsp dried pepper flakes  
1/4 tsp salt

##### Kabobs

Canola oil cooking spray  
4 chicken tenders (8 oz total), rinsed and patted dry, each cut in fourths crosswise  
1/2 small green bell pepper, cut into 16 cubes  
16 grape cherry tomatoes  
1 small yellow squash, quartered lengthwise and cut into 16 pieces  
16 bamboo skewers (6-in each)

#### **Preparation**

1. Combine marinade ingredients in a quart-sized resealable plastic bag, seal tightly, and toss back and forth until well blended. Remove 2 tablespoons mixture, place in a small bowl, and set aside. Add chicken pieces to bag with the remaining marinade, seal tightly, and toss back and forth to coat completely. Refrigerate 1 hour, turning occasionally.
2. Coat grill rack with cooking spray and preheat grill to medium-high heat.
3. Remove chicken from marinade and discard marinade. Thread piece of chicken and each vegetable per skewer in this order: pepper, chicken, tomato, and squash. Repeat with remaining skewers.
4. Place skewers on a grill rack and cook 5 minutes or until chicken is no longer pink in center and juices run clear, turning frequently and being careful not to overcook. Remove from grill, place on a serving platter, and brush reserved 2 tablespoons marinade evenly over all. Serve warm.

**Flavorful tip:** Turn contents during the marinating time to insure even marinating.

#### **Nutrition Information**

Exchanges/Choices

1 Lean Meat

1/2 Fat

Calories: 60

Total Fat: 3 g

Saturated Fat: 0.4 g

Trans Fat: 0 g

Cholesterol: 15 mg

Sodium: 80 mg

Total Carbohydrate 2 g

Dietary Fiber: 1 g

Sugars: 1 g

Protein: 6 g