

Greek Chicken Souvlaki



Recipe Courtesy Chef Bryan Woolley

2 lbs boneless chicken breasts cut into 1 inch cubes

Marinade:

¼ cup fresh lemon juice

¼ cup olive oil

1/4 cup white vinegar

1 clove garlic, minced

½ tsp dry mustard

½ tsp paprika

¼ tsp dried sage

¼ tsp thyme

Salt and pepper, 1/8 tsp each

1. Soak wooden skewers in water while chicken is marinating.
2. Combine marinade ingredients into a large bowl and whisk together.
3. Add chicken pieces and mix to thoroughly coat.
4. Cover marinade bowl and place in the refrigerator for about 1 hour.
5. Thread chicken pieces onto the skewers and grill 3-4 minutes on each side or until chicken is thoroughly cooked.
6. Serve over brown rice. Makes eight 4-oz servings.
7. Enjoy!

Nutrition Facts

Serving Size: One skewer, or 4-oz chicken (Does not include rice)

Calories	130
Total Fat	3g
Saturated Fat	1g
Cholesterol	65mg
Sodium	55mg
Carbohydrate	0g
Dietary Fiber	0g
Protein	23g

[Click to create your online shopping list at](#)



Diabetic Exchanges

Protein	3
Fat	1
Carbohydrate	0