



## **Greek Chicken Kebabs**

### **Ingredients**

- 2 lbs boneless & skinless chicken breasts
- Olives, cut in halves
- 1 large red onion
- 2 large garlic cloves, minced
- 1 lemon, juice and zest
- 2 tbsp fresh basil
- 1 1/2 tsp salt
- 1 1/2 tsp ground black pepper
- 2 tbsp olive oil
- 1 large zucchini
- 3 large bell peppers
- 1 cup lite Greek yogurt
- Cherry tomatoes

### **Directions**

1. If using wooden skewers, soak in water for around 5 minutes.
2. In a large bowl add chicken, olives, onion, 1 garlic clove, lemon juice, zest, basil, 1 tsp salt and 1 tsp black pepper and yogurt. Toss to combine and coat the chicken evenly. Let marinate at least 45 minutes. I left the meat to marinate as little as 30 minutes and as long as overnight.
3. Toss zucchini, red onion and bell peppers with salt and black pepper.
4. To make garlic oil, combine olive oil and 1 garlic clove in a small bowl and set aside.
5. Skewer the meat alternating with olives, red onion and vegetables onto each skewer. I ended up using 5 - 6 pieces of chicken, 2 zucchini slices, 3 - 4 bell pepper slices on each out of 10 long metal skewers.
6. Preheat the grill on low - medium heat, around 500 degrees F, and spray with cooking spray. Grill skewers for 1-2 minutes each side. Kebabs are ready when chicken is cooked at least 160 degrees and brush each skewer with garlic oil.

### **Nutritional Info**

Servings Per Recipe: 10 Amount Per Serving = 1 kebab/skewer:

Calories: 154.7

Total Fat: 4.6 g

Cholesterol: 44.0 mg

Sodium: 404.0 mg

Total Carbs: 6.1 g

Dietary Fiber: 1.8 g

Protein: 22.1 g

## **Lemon Mint Jazmin Rice**

### **Ingredients**

1 cup jazmin or basmati rice  
2 teaspoons vegetable oil  
2 garlic cloves, minced  
2 1/4 cups fat-free, less-sodium chicken broth  
1 tablespoon chopped fresh basil  
2 teaspoons chopped fresh mint  
1/4 teaspoon freshly ground black pepper

### **Directions**

Preheat oven to 350°

Place rice in a fine-mesh strainer. Rinse with cold water; drain.

Heat oil in a large saucepan over medium-high heat. Add ginger and garlic; cook 30 seconds, stirring constantly. Stir in rice; cook 1 minute, stirring constantly. Add remaining ingredients, stirring to combine; bring to a boil. Cover; wrap handle of pan with foil. Bake at 350° for 25 minutes, stirring once. Remove rice from oven; fluff rice with a fork.