

Oven Roasted Chicken Kabobs



Servings: 4

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons of lemon juice or juice of 1 lemon
- ☐ ½ teaspoon sea salt
- ☐ ¼ teaspoon black pepper
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon onion powder
- ☐ ½ teaspoon dried thyme
- ☐ 1.5 lbs boneless skinless chicken breasts or tenders

Tools:

4 long metal skewers (can use wooden skewers but soak in water for 20 minutes in advance)

Foil lined baking sheet

Large bowl

Directions:

1. Preheat the oven to 450°F. Line a rimmed, broiler-safe baking sheet with foil.
2. In a large bowl, whisk together the olive oil, lemon juice, salt, pepper, garlic powder, onion powder, and thyme.
3. Cut the chicken breasts into cubes. Add the cubes to the bowl and toss with the seasoned olive oil.
4. Thread the coated chicken cubes on skewers.
5. Place the kabobs on the prepared baking sheet. If you use wooden skewers, place thin foil strips on their exposed edges to prevent them from burning. Bake the kabobs until cooked through, for about 15 minutes.
6. Switch the oven to broil. Place the baking sheet under the broiler, and broil the chicken just until browned, for about 1 minute. Serve immediately.

Nutrition per Serving

Serving: 0.25 recipe | Calories: 250 kcal | Carbohydrates: 1 g | Protein: 36 g | Fat: 7 g | Saturated Fat: 1 g | Sodium: 399 mg