

Yogurt Marinated Chicken Kabobs

Prep Time: 5+ minutes Cook Time: 6 minutes Yield: 4 servings

Preparation:

1. **CUT** chicken into bite-size pieces and place in a shallow glass container.
2. **COMBINE** remaining ingredients and pour over chicken tossing to coat.
3. **MARINATE** in the refrigerator for 30 minutes to 1 hour.
4. **SKEWER** chicken and grill on medium-low heat 4-6 minutes or under the broiler for 7-10 minutes. Garnish with parsley and serve with rice or couscous.



LEFTOVERS: Add cooked chicken to a hearty main-dish salad dressed with homemade Buttermilk Dressing. (Combine 2 minced green onions, white and green parts; 2 tablespoons fresh lemon juice, 2 tablespoons Dijon mustard, 3 tablespoons mayonnaise, 1 tablespoon olive oil, 1 minced garlic clove. Whisk in 1 cup buttermilk and season to taste with white pepper and freshly-ground black pepper.)

Ingredients:

- 3 boneless chicken breasts
- Freshly chopped parsley for garnish
- Hot brown rice or couscous for serving

Marinade:

- 1 clove garlic, minced
- 1/2 teaspoon turmeric
- 1/2 teaspoon allspice
- 1/2 teaspoon paprika
- 1/2 teaspoon cumin
- Coarse salt to taste
- White pepper to taste
- 1/2 cup low-fat plain yogurt
- 2 tablespoons fresh lime juice



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