



Chicken Souvlaki

This popular entrée is served with Roasted Vegetable Orzo, Cucumber-Yogurt dip and a sauce made from the reserved marinade. Be sure to have cheesecloth on hand to strain the sauce before serving.

INGREDIENTS:

| | |
|----------|---|
| 6 | 5 oz. chicken breasts, trimmed and cut into four chunks |
| 1 large | onion, cut into large chunks |
| 2 | red bell peppers, cut into large chunks |
| 6 | 10 inch skewers (if wood, soak in water, 1 hour) |
| 3 cloves | garlic, minced |
| 2 tsp | dried oregano |
| 2 Tbsp | low sodium soy sauce |
| 2 Tbsp | olive oil |
| 1/4 cup | lemon juice |
| 1 cup | chicken stock (reserve for sauce) |
| 1/4 cup | cold water mixed with 2 tablespoons cornstarch |
| 2 Tbsp | feta cheese |
| 12 each | Greek olives |
| 2 Tbsp | whole oregano leaves |

PREPERATION:

- Prepare the pepper, onion and chicken
- Alternate 4 pieces of chicken with vegetables on each skewer
- Whisk together: garlic, oregano, soy sauce, olive oil and lemon juice and pour marinade over skewers
- Lay skewers in a single layer in a dish, cover with marinade, wrap and chill overnight. Roll skewers once or twice during marinade to coat evenly
- To cook: Heat oven to 350 degrees and an outdoor grill (or grill pan) to high
- Remove skewers from marinade and reserve liquid
- Mark (partially cook) skewers on hot grill then transfer to a baking dish and finish in the oven for 5-8 minutes. Be careful not to overcook.
- To make sauce: Heat reserved marinade with 1 cup additional chicken stock, simmer 10 minutes to reduce. Strain through 2 to 3 layers of cheese cloth, return to simmer and thicken with cornstarch mixture to a glaze. Adjust seasoning with additional lemon as needed.
- Garnish each serving with 1 teaspoon crumbled feta, 2 sliced Greek olives and a scattering of fresh oregano leaves





Number of Servings: **6 w/ 1 oz. of sauce and garnish**
Calories: **200**
Fat Grams: **appx. 8**

BROUGHT TO YOU BY

Hilton Head Health



14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 // 800.292.2440 // HHHEALTH.COM