



## 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**

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