

CHICKEN SKEWERS

Ingredients:

- 2.5 lbs boneless, skinless chicken tenderloins (cut into 1.2-2 inch pieces)
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1 tbsp paprika
- ¼ tsp cinnamon
- ¼ tsp turmeric
- 1.5 tbsp tomato paste
- 2 tbsp Greek yogurt
- Juice and zest of 1 small lemon
- 3 garlic cloves, pressed or minced
- Optional: Sliced onions for layering on or between skewers
- Optional: Fresh parsley for garnish

Directions:

1. Preheat oven to 400°. Line a baking sheet with parchment paper
2. In a large bowl, add your chicken tenderloin pieces.
3. Drizzle in olive oil and season with salt, pepper, paprika, cinnamon, and turmeric.
4. Add the tomato paste, Greek yogurt, lemon juice + zest, and pressed garlic.
5. Mix everything really well to coat the chicken evenly.
6. Skewer the chicken pieces. Add slices of onion between pieces if desired.
7. Place skewers on the prepared baking sheet and bake for about 30 minutes, or until fully cooked and golden around the edges.
8. Optional: Garnish with parsley and a squeeze of lemon before serving.