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Greek Chicken Kabobs

Yield: 4 min Total Time: 55 min

Recipe from: https://www.recipeschoose.com/recipes/greek-kabob-recipe

Ingredients:

- 1/2 cup olive oil
- 1/4 cup lemon juice freshly squeezed
- 2 cloves garlic minced
- 2 tablespoons Dijon mustard
- 2 tablespoons dried oregano
- 1 teaspoon dried thyme
- 1 tablespoon chopped fresh thyme
- 2 tablespoons fresh parsley chopped
- 1 teaspoon ground black pepper freshly
- 1 tablespoon fresh rosemary chopped, or 1 teaspoon dried rosemary
- 1 red bell pepper cut into 2 inch pieces
- 1 green bell pepper cut into 2 inch pieces
- 1 sweet onion large, peeled and cut into wedges
- 2 pounds skinless boneless chicken breast halves cut into cubes

Nutrition:

Calories: 310 calories
Carbohydrate: 14 grams

Fat: 28 grams
Fiber: 3 grams
Protein: 3 grams
SaturatedFat: 4 grams

7. Sodium: 10 milligrams

8. Sugar: 7 grams

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