

Greek Lemon Chicken Skewers With Tzatziki Sauce

Yield: 6 min
Total Time: 81 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-skewers-recipe>

Ingredients:

- 1 1/2 pounds chicken breast cut into approximately 1 inch cubes
- 3 tablespoons fresh lemon juice
- 1 tablespoon red wine vinegar
- 1 tablespoon extra virgin olive oil
- 2 cloves garlic minced
- 2 teaspoons dried oregano
- 1/2 teaspoon dried parsley
- 1/2 teaspoon coriander
- 3/4 teaspoon kosher salt
- 1/8 teaspoon black pepper
- 1 cup English cucumber peeled and diced, about 1/2 of a cucumber
- 1 1/2 cups non fat Greek yogurt plain
- 1/2 lemon
- 1 tablespoon fresh dill chopped
- 1 teaspoon garlic grated
- 1/2 teaspoon kosher salt
- black pepper to taste

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 75 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 28 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 680 milligrams

9. Sugar: 5 grams

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