

Middle Eastern-Style Grilled Chicken Kabobs

Yield: 5 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/middle-east-chicken-kabob-recipe>

Ingredients:

- 1 cup Plain Whole Milk Greek Yogurt
- 2 tablespoons extra virgin olive oil
- 2 teaspoons paprika
- 1/2 teaspoon cumin
- 18 canela ; teaspoon
- 1 teaspoon crushed red pepper flakes reduce to 1/2 teaspoon for less heat
- 1 lemon
- 2 tablespoons freshly squeezed lemon juice from one lemon
- 1 3/4 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 5 garlic cloves minced
- 3 pounds boneless skinless chicken thighs trimmed of excess fat and cut into 1½-inch pieces, see note
- 1 large red onion cut into 1-inch chunks
- vegetable oil for greasing the grill

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 180 milligrams
4. Fat: 19 grams
5. Fiber: 14 grams
6. Protein: 60 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 1160 milligrams
9. Sugar: 4 grams

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