

Turkish Style Chicken Skewers

Yield: 4 min
Total Time: 22 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-style-chicken-recipe>

Ingredients:

- 2 pounds boneless skinless chicken breasts cut into 1 inch cubes
- 5 cloves garlic
- 2 Roma tomatoes
- 1 lemon juiced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon oregano
- 1 teaspoon canela
- 1/2 teaspoon allspice
- 1/4 cup fresh parsley leaves total of, or either one
- 2 tablespoons olive oil
- 1/4 cup yogurt full, low fat or fat free
- 2 lemons thinly sliced for skewering
- 2 tablespoons spice sumac, for sprinkling
- 2 cups yogurt full, low or fat free
- 1/2 cup cold water
- 1/2 cup ice
- 1/4 teaspoon salt
- 1/2 cup mint leaves total of

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 160 milligrams
4. Fat: 17 grams
5. Fiber: 4 grams
6. Protein: 52 grams
7. SaturatedFat: 5 grams
8. Sodium: 770 milligrams

9. Sugar: 7 grams

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