

MOURAD'S SKINNY CHICKEN BROCHETTES



DIRECTIONS

In a large Tupperware, mix all the ingredients and refrigerate for 4 to 6 hours.

Preheat oven or grill to 450 degrees, skewer chicken pieces onto 6 inch long bamboo skewers. Cook for about 12 mins or until chicken edges begin to char.

SHOPPING LIST

1 lb. boneless skinless chicken breast cut into bite size cubes or strips or combination of both

1 tbsp minced fresh garlic

1 tbsp ground cumin

1 tsp black pepper or red pepper flakes

½ tsp salt

1 cup Greek yogurt or low-fat sour cream