



BBQ Chicken Kebabs

Ingredients:

4 or 5 boneless, skinless chicken thighs, cut into 1 ½" pieces

½ c Balkan style yogurt

1-2 TBL BBQ & Roast Rub

Zest of ½ lemon

Juice of ½ lemon

2 cloves garlic, crushed

Salt to taste

1 large onion cut into 1 ½" pieces

1 large red or yellow pepper cut into

1 ½" pieces

Instructions:

1 - Mix the marinade ingredients together until combined.

2 - Add chicken stir to evenly coat then let rest in the fridge for at least 2 hours.

3 - Put 6 wood skewers in water to soak. Prep the onions and peppers.

4 - When ready to assemble, skewer pieces of chicken, onion and pepper on each skewer.

5 - Preheat BBQ.

6 - Grill kebabs over medium-high heat about 2-3 minutes per side until cooked.

Spices Used: BBQ & Roast Rub