



Grilled Chicken Kebobs with Mint-Feta Sauce

Simple and delicious, these Greek chicken kebobs are bursting with flavor. Feel free to substitute or add more vegetables! If using wooden skewers, soak them in water for 15 minutes to keep them from scorching on the grill.

INGREDIENTS

- 1 lb boneless, skinless chicken, cut into 1-inch pieces
- 1 zucchini, halved lengthwise and cut crosswise into sixteen 1-inch pieces
- 1/2 small red onion, quartered, layers separated
- 2 Tbs. olive oil
- 1 tsp. dried oregano
- 3 Tbs. red-wine vinegar
- Coarse salt and ground pepper
- 1/2 cup fat-free crumbled feta
- 1/4 cup plain low-fat yogurt
- 1/8 cup fresh mint leaves

* NOTES

Recipe adapted from *Everyday Food*.

PREPARATION

In a resealable plastic bag, combine chicken, zucchini, onion, oil, oregano, and 2 tablespoons red wine vinegar, 1/2 teaspoon salt and 1 teaspoon pepper. Marinate at room temperature for 30 minutes or refrigerate overnight.

Heat grill or grill pan to medium-high. Onto each skewer, thread 3 pieces of chicken with zucchini and onion. Grill skewers, turning occasionally, until chicken is cooked through, 10 to 12 minutes.

To make sauce, blend feta, yogurt, mint, and remaining tablespoon vinegar in a food processor until smooth. Serve kebabs with dipping sauce.

SERVES 4.

