

GRILLED CHICKEN SKEWERS WITH ZESTY YOGURT DIP

When it comes to chicken, you can't go wrong with Vermont Castings Chicken & Poultry Rub's classic combo of garlic, onion and lemon. Pair these succulent grilled chicken skewers with tangy Greek yogurt dip for a fresh take on kebabs.

PREP TIME: 20 minutes

COOK TIME: 15 minutes

SERVINGS: 4

INGREDIENTS:

Juice of 1 lemon, divided

4 tsp (20 mL) Vermont Castings Chicken & Poultry Rub, divided
1 cup (250 mL) Greek yogurt

1 clove of garlic, minced

2 tbsp (30 mL) chopped parsley

1 ½ lbs (700 g) boneless, skinless chicken breast

2 tbsp (30 mL) extra virgin olive oil

1 tbsp (15 mL) freshly chopped oregano

DIRECTIONS:

1. In a small bowl combine 1 tsp (5 mL) lemon juice, 1 tsp (5 mL) Vermont Castings Chicken & Poultry Rub, Greek yogurt, garlic and parsley. Cover with plastic wrap and place in the refrigerator.
2. Cut chicken into 1-inch (2.5 cm) pieces and place in a zip-top plastic bag.
3. In a small bowl whisk remaining lemon juice, 2 tsp (10 mL) Vermont Castings Chicken & Poultry Rub, oil, and oregano and pour over bagged chicken, tossing to combine.
4. Seal zip-top bag and place chicken in the refrigerator to marinate for 5-8 minutes.
5. Preheat grill to medium high. Clean grates and then brush with oil.
6. Remove chicken from bag and thread pieces onto 4 Vermont Casting skewers.
7. Sprinkle with remaining 1 tsp (5 mL) Chicken and Poultry rub and place on grates.
8. Grill, covered, flipping once, until chicken is browned and reaches an internal temperature of 165°F (74°C), 13-15 minutes.
9. Remove chicken to a platter and serve with Greek yogurt dip.

