

RECIPE OF THE WEEK: PALEO EDITION

Chicken Kebabs

Ingredients:

- 1 1/2lbs boneless, skinless chicken breasts, cut into 1-2 inch pieces
- 2 cloves garlic, finely chopped
- 1 Tbsp fresh thyme leaves
- 1 Tbsp olive oil
- Sea salt
- Black pepper
- Any veggies you want to add to your kebabs (some examples usually include onions, green or red peppers, cherry tomatoes, zucchini, mushrooms...)
- Wooden skewers

Instructions:

Soak wooden skewers in water for about 15-20 mins to avoid splintering and burning

Chicken:

1. Heat grill to medium-high
2. In a bowl, toss the chicken, garlic, thyme, 1 Tbsp of oil, and ½ teaspoon each of salt and pepper. Thread the chicken on the skewers
3. Grill the chicken, turning occasionally, until the chicken is cooked through (should be about 7-10mins)

Veggies:

1. Thread veggies on separate skewers (Did some research and this seems to be the best method to cook everything evenly, along with wrapping them in foil if you do not want them slightly charred)
2. Lightly brush threaded vegetables with olive oil (optional)
3. Place on grill for about 10-12 mins or until cooked to your liking. Be sure not to leave them in too long to avoid mushiness.

Compliments of realsimple.com (chicken recipe), allrecipes.com, cooks.com, ehow.com (grilling suggestions)

