

# Grilled Chicken Vegetable Skewers with Basil Sauce

Prep Time	20 mins
Total Time	40 mins
Meal Type	Lunch,Dinner,Side
Contributed By	LivingPlateRx
Source	<a href="#">Living Plate Teaching Kitchen</a>
Servings	4



## Skewers

### Ingredients

lb,c	g,ml
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- 1 1/2 lb chicken breast, skinless, *cubed*
- 1 zucchini, *cut into 1" cubes*
- 1 bell pepper, red, *cut into 1" pieces*
- 1 onion, red, *cut into 1" pieces*
- 4 cloves garlic, *minced or pressed*
- 1/4 cup olive oil
- 3 Tbs lemon juice
- 1 Tbs red wine vinegar
- 2 tsp oregano
- 1 tsp thyme, dried
- 1/4 tsp cumin
- salt, *to taste*
- black pepper, *to taste*

### Directions

#### Prep

1. Cube chicken.
2. Chop vegetables according to directions.
3. Preheat grill or grill pan to medium heat.

#### Make

1. Whisk together olive oil, lemon juice, vinegar, and dried herbs. Add cut vegetables to a bowl and toss with 2 Tablespoons of the olive oil mixture. Set aside.
2. Add cubed chicken to a glass bowl and cover with remaining olive oil mixture. Cover and place in refrigerator to marinate for 2 hours. [You could marinate in less time, the flavor just won't be as intense].
3. Alternate vegetables and chicken while threading on skewers [if using wooden skewers you can soak in water to prevent burning will on grill].
4. Season with salt and pepper.
5. Grill, rotating until all sides are slightly browned, chicken is cooked, and vegetables have softened.
6. Serve with basil sauce.

# Basil Sauce

## Ingredients

lb,c	g,ml
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- 2 cup basil leaves
- 2 cloves garlic, *minced or pressed*
- 1/3 cup olive oil
- 1/2 tsp crushed red pepper
- salt, *to taste*

## Directions

### Make

1. Process in a food processor to combine and serve with skewers.

## Notes

You can grill these skewers outdoors or on a grill pan. You can also broil them, rotating during cooking.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.  
Each "—" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories	373	Total Fat 32.6g	50%	Total Carbohydrates 23g	7%
per serving		Saturated Fat 4.5g	22%	Dietary Fiber 3g	12%
		Trans Fat 0.0g		Total Sugars 10g	
		Cholesterol 4mg	1%	Protein 4g	
		Sodium 17mg	0%	Vitamin D 0mcg 0% · Calcium 73mg 7% · Iron 3mg 15% · Potassium 593mg 12%	

[- Show all nutrients -](#)

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.