

Chicken Skewers



Ingredients:

- ¼ cup lemon juice
- 1 tablespoon olive oil
- 1 tsp dried oregano
- 2 tsp minced garlic
- ¼ tsp freshly ground pepper

4 large chicken breasts cut into 1" chunks

Instructions:

1. Combine all marinade ingredients in a large resealable plastic bag.
2. Place chicken in the resealable plastic bag.
3. Turn bag several times to coat chicken with marinade.
4. Marinate in refrigerator for at least one hour.
5. Thread chicken pieces onto metal skewers and discard marinade.
6. Bake at 400° F for 15 minutes.

In motion Nutrition Tip:

Marinating your meats in low-fat marinades before cooking can add a lot of flavour to your dishes without adding a lot of extra fat, calories or salt.