

Grilled Chicken Kabobs



Serves: 4-6

Ready In: 50 minutes, plus at least 8 hours to marinate

Ingredients

1 cup plain whole milk Greek yogurt

1/2 tsp cumin

1/8 tsp cinnamon

1 zest from one lemon

2 tbsp freshly squeezed lemon juice, from one lemon

1 3/4 tsp salt

3 lb. boneless, skinless chicken thighs, trimmed of excess fat and cut into 1 1/2-inch pieces

2 tbsp extra-virgin olive oil

2 tsp paprika

1 tsp crushed red pepper flakes (reduce to 1/2 tsp for less heat)

1/2 tsp freshly ground black pepper

5 garlic cloves, minced

1 large red onion, cut into 1 1/2-inch pieces



Directions

- 1 Combine ingredients for marinade.** In a medium bowl, combine yogurt, olive oil, paprika, cumin, cinnamon, red pepper flakes, lemon zest, lemon juice, salt, pepper, and garlic.
- 2 Prep Kabobs.** Line a baking sheet with aluminum foil for easy clean up. Thread the chicken onto metal skewers, folding if the pieces are long and thin, alternating with the red onions. Be sure not to cram the skewers. Place the kabobs on the prepared baking sheet. Brush the marinade all over the meat, coating well. Cover and refrigerate at least eight hours or overnight.
- 3 Bake.** Preheat oven to 375°F. Place kabobs on baking sheet with parchment paper. Bake for 28 - 35 minutes or until chicken is cooked through. Time is dependent on oven.

- OR -

Grill. Preheat the grill to medium high heat. Grill the kabobs until golden brown and cooked through, turning skewers occasionally, 13 - 15 minutes. Transfer to platter and serve.

Fun Facts about Cumin

- 1** Cumin is the second most popular spice in the world after black pepper.
- 2** Cumin is native to the Mediterranean region, and is also cultivated in India, China, and Mexico.
- 3** Cumin is an essential ingredient in many mixed spices, chutneys, and chili and curry powders, and especially popular in Asian, North African and Latin American cuisines.
- 4** In the Middle Ages, European superstition cited that cumin kept loves and chickens from wandering.