

Grilled Chicken Souvlaki with Creamy Tzatziki Sauce

These souvlaki skewers are the base of a light and fresh dinner that is quick enough for a weeknight. These could be made with any of your family's favourite poultry choices - try chicken thighs or even turkey breasts to change it up.

Ingredients:

- 4 Eating Right Boneless Skinless Chicken Breasts
- 1 cup Open Nature Greek Marinade
- 4 Metal or Wooden Skewers
- 1 cup Open Nature Tzatziki Sauce
- 4 Wedges of Lemon

How to Make It:

1. Cut chicken into 1 inch cubes.
2. Place chicken and marinade into a large resealable bag and shake to coat the chicken.
3. Marinate chicken in the refrigerator for at least 30 minutes, turning occasionally. Can be left as long as overnight.
4. Remove chicken from bag and discard excess marinade. Thread chicken onto skewers.
5. Heat a greased BBQ or grill pan to medium. Grill chicken approximately 12 minutes, or until cooked through. Brush chicken with fresh marinade in final minutes of cooking.
6. Serve warm with a side of cool Tzatziki sauce for dipping and lemon wedges to squeeze over chicken.

Makes 4 Souvlaki skewers.

Chef's Note:

Soak your wood skewers while your chicken is marinating to keep them from burning on the BBQ.

For a great side dish brush Eating Right Whole Grain Pitas with Olive Oil and grill alongside the chicken until warmed. Sprinkle with Open Nature Sea Salt and serve with extra Tzatziki for dipping.

