

JOOJEH KEBAB

Time: 30 minutes plus overnight marinating

Serves: 4

Ingredients:

2 medium onions - grated or pureed
2 teaspoons lemon juice
1/4 teaspoon Kosher salt
1/4 teaspoon freshly ground black pepper
2 boneless, skinless chicken breasts - cut into 1-inch cubes
2 tomatoes – stem area removed

Preparation:

Mix the onions, lemon juice, salt and pepper in a bowl then add the chicken. Mix to coat all of the chicken, cover and refrigerate overnight.

Preheat your barbecue grill to medium.

Place the chicken cubes evenly onto two skewers then discard the remaining onion mixture.

Place the tomatoes onto a separate skewer.

Place the chicken skewers onto your heated grill. While the chicken is cooking, place the tomato skewer on a cooler area of the grill such as a raised rack. Grill the chicken and tomato skewers for seven minutes on each side or until the chicken reaches an internal temperature of 165F (74C) as shown on an instant read thermometer.

Nutritional Information Per Serving:

Calories: 246
Fat: 2g
Carbs: 16g
Fibre: 3g
Protein: 39g