

Skewered Chicken

Ingredients:

1. 8 boneless chicken breast washed, patted dry, and cut into once inch chunks
2. Olive oil
3. 100g yogurt
4. A dash of cardamom
5. A dash of cinnamon
6. A dash of paprika
7. A dash of dried oregano
8. A pinch of lemon pepper
9. Fresh ground black pepper to taste

Directions:

Preparation

1. Soak bamboo skewers in water
2. Place the chicken in a Tupper ware
3. Drizzle generously with olive oil
4. Sprinkle spices and rub into the chicken
5. Add yogurt and mix well
6. Chill for at least 1 hour
7. Skewer 3-4 pieces of chicken per a bamboo skewers

Cooking

1. Preheat oven to 350°
2. Place skewers on the edge of a baking dish
3. Bake until the color changes and is cooked through (15 -20 minutes)

