

GREEK CHICKEN KEBAB

INGREDIENTS:

For the chicken:

- 1 pound boneless skinless chicken breast
- (1 used chicken tenders)
- 3 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 Tbsp red wine vinegar
- 3 tsp minced garlic
- 1 tsp Dijon mustard
- 1 tsp dried oregano
- 1/4 tsp salt
- 1/4 tsp black pepper

For the kabobs:

- 1/2 red bell pepper
- 1/2 yellow bell pepper
- 1/2 orange bell pepper
- 1/2 red onion

Tip:

- **Soak the wooden skewers in water for 20 minutes**
- **This will make 8 skewers**



GREEK CHICKEN KEBAB



INSTRUCTIONS:

Begin by cutting the chicken into approximately 1 1/2-inch cubes. Place the chicken cubes in a large bowl. Toss the chicken with olive oil, lemon juice, dijon mustard, garlic powder, oregano, salt, and pepper.

Cover the bowl with a lid or plastic wrap. Allow the chicken to marinate in the refrigerator for 15–30 minutes.

While the chicken is marinating, cut the red, green, and yellow bell pepper, and red onion into 2x2 inch pieces, which will be used for skewering later.

Take skewers and assemble them by alternating the marinated chicken cubes, bell pepper pieces, and red onion pieces. Leave a small space between each ingredient on the skewer.

Cooking options:

GRILL: Preheat the grill to medium-high heat – cook for 8–10 minutes

OVEN: drizzle with oil before baking, 450 F for 15 minutes

STOVE TOP: Add 1 tsp olive oil to a large frying pan, for 8–12 minutes, turn after 4 minutes.

(The internal temp of chicken is 165 F.)

Once cooked, remove the skewers from the grill/oven/pan. Serve the kabobs with tzatziki sauce and any additional sides you prefer, such as potatoes, rice, or quinoa.

This recipe serves 4 people, with each person having 2 kabobs.

cut on line

TZATZIKI SAUCE

INGREDIENTS:

For the Tzatziki sauce:

- 1/2 cucumber
- 1 cup plain Greek yogurt
- 2 Tbsp olive oil
- 2 Tbsp fresh mint and/or dill
- 1 Tbsp lemon juice
- 1 medium clove garlic
- 1/2 teaspoon fine sea salt
- 1–2 tsp olive oil to drizzle

Tip:

- I like to double the recipe to have more to snack on.
- Serve with Pita bread or Koulouri



TZATZIKI SAUCE



INSTRUCTIONS:

Place the grated cucumber in a colander. Squeeze out any excess moisture from the cucumber.

In a medium bowl, combine the Greek yogurt, grated cucumber, minced garlic, lemon juice, olive oil, and chopped dill.

Stir the ingredients together until well combined. Season with salt and pepper to taste. Adjust the seasoning according to your preferences.

Cover the bowl and refrigerate the tzatziki sauce for at least 1 hour to allow the flavors to meld together.

Before serving, give the sauce a quick stir. Taste and adjust the seasoning if necessary.

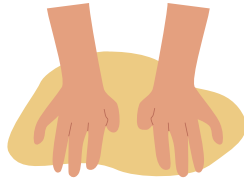
Serve the tzatziki sauce as a dipping sauce for the chicken kabobs or any other dish of your choice.



KOULOURI

INGREDIENTS:

- 4 cups all-purpose flour
 - 1 2/3 cup warm water
 - 2 1/4 tsp yeast (1 package)
 - 1 Tbsp sugar
 - 2 teaspoons salt
 - 2 Tbsp olive oil
-
- 2 Tbsp sugar
 - 2 cups water
 - 4 Tbsp Sesame seeds
-
- 2 Tbsp melted butter



KOULOURI



INSTRUCTIONS:

Mix flour, water, yeast, sugar, salt, and olive oil in a large bowl and knead until the dough is smooth. Cover with a lid and rest for 30 minutes. Divide the dough into small portions and shape them into round rings, about as big as your hand.

In a bowl add 2 cups warm water and mix 2 Tbsp sugar until dissolved, dip each ring in water place on a greased cookie sheet, and cover liberally with sesame seeds. Let them rise for about 30 minutes.

In the meantime preheat the oven to 400°F and bake the koulouri for 15–20 minutes, or until they turn golden brown.

brush with melted butter as soon as they come out of the oven.





Greece

Once you cook the recipes,
place your stamp in your
passport

Shopping list: Greece

COLD:

- 1 pound boneless skinless chicken breast
- 1 cup plain Greek yogurt
- 2 Tbsp butter

PRODUCE:

- 1/2 red bell pepper
- 1/2 yellow bell pepper
- 1/2 orange bell pepper
- 1/2 red onion
- 1 lemon
- 1/2 cucumber
- 2 Tbsp fresh mint and/or dill
- 1 medium clove garlic

MISC:

- 8 Tbsp olive oil
- 2 Tbsp red wine vinegar
- 3 tsp minced garlic
- 1 tsp Dijon mustard
- 1 tsp dried oregano
- 2 tsp salt
- 1/4 tsp black pepper
- 4 cups all-purpose flour
- 1 small pack yeast
- 3 tablespoon sugar
- 4 Tbsp Sesame seeds