

Chicken Souvlakia

*Recipe from the cookbook, Lighten Up -
Cooking, by Mary Ross*

Presented: 6/16/2000

- 2 lbs. chicken breast meat, trimmed of visible fat
- 1 large onion cut into 1/2-inch chunks - optional
- 1 to 2 peppers, red or green cut into 1/2-inch chunks - optional
- 8 10- to 12-inch metal or bamboo

Marinade

- 1 onion, chopped
- 1/2 tablespoon extra virgin olive oil
- 1/4 cup lemon juice
- 1/2 cup white wine
- 2 cloves garlic, minced or pressed
- 1 tablespoon leaf oregano
- 1 teaspoon thyme
- 1/4 teaspoon salt
- freshly ground pepper to taste
- 2 bay leaves

1. Cut meat into 1-inch cubes and set aside.
2. Mix all marinade ingredients together in a large nonmetallic bowl or container. Add meat to marinade and marinate 1 to 4 hours.
3. Thread 6 or 8 pieces of meat on each alternating with onions and peppers if desired.
4. Place meat skewers on grill for 3 to 6 minutes on each side or in a shallow