

Chicken Thigh Skewers

Gratiot Isabella Tech Center



Ingredients

4 chicken thighs
4 skewers
½ c shallots
2 Tbsp. olive oil
2 large lemons
4 oranges
½ lime
½ Tbsp. dried parsley
1 Tbsp. turmeric
1 ½ Tbsp. cumin
1 Tbsp. paprika
1 ½ Tbsp. lemon pepper
seasoning

Directions

Mince Shallots. Wash fruit. Zest and juice lemons, lime and oranges.
Combine marinade together.
Shin and debone chicken thighs, cutting into pieces roughly the same size.
Toss with Marinade, a zip top bag works well for this. Marinade at least 30 minutes or up to 2 days.
Put on skewers and grill (turning every couple of minutes) until chicken reaches and internal temperature of at least 165 degrees.

Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

Servings 4

328

17g

4g

81mg

289mg

31g

7g

18g