



## Mediterranean Grilled Chicken and Grape Skewers

### Ingredients



#### Marinade

- 1/2 tsp. crushed red pepper flakes
- 1 Tbsp. chopped fresh oregano, or 1 tsp. dried
- 1 Tbsp. chopped fresh rosemary, or 1 1/2 tsp. dried
- 1 tsp. grated lemon zest
- 3 Tbsp. extra virgin olive oil
- 2 cloves garlic, minced

#### Skewers

- 1 lb. boneless, skinless chicken breast cut into 3/4-inch dice
- 1/2 cups green California seedless grapes
- 1/2 tsp. Salt
- 1 Tbsp. fresh lemon juice

### Directions

Marinade: In a small bowl, whisk together the olive oil, garlic, red pepper flakes, oregano, rosemary, and lemon zest.

Thread alternating pieces of chicken and grapes onto 12-inch skewers. Place the skewers into a nonreactive dish or pan. Pour the prepared marinade over the skewers, turning to coat each one. Marinate in refrigerator for 4 to 24 hours.

Remove skewers from marinade, and let excess oil drip off. Discard any remaining marinade. Season the skewers with salt. Grill on a hot barbecue until the chicken is cooked through, 3 to 5 minutes on each side. Arrange on a serving platter and drizzle with the lemon juice.

### Notes

Makes 6 appetizer servings; 4 entrée servings.

### Nutritional Information

Nutritional analysis per entrée serving: Calories 212; Protein 23 g; Carbohydrate 11 g; Fat 8 g; 34% Calories from Fat; Sat Fat 1.5g (7% Sat Fat); Cholesterol 63 mg; Sodium 347 mg; Fiber .6 g.

Nutritional analysis per appetizer serving: Calories 141; Protein 16 g; Carbohydrate 7.5 g; Fat 5.4g; 34% Calories from Fat; Sat Fat 1 g (7% Sat Fat); Cholesterol 42 mg; Sodium 231 mg; Fiber .42 g.