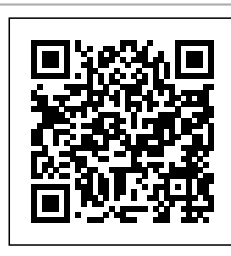


Chicken Kebabs with Yellow Rice



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Recipe by: Laura Vitale

Serves 2 to 3

Prep Time: 20 minutes
Cook Time: 20 minutes

Ingredients

For the chicken:

- 1-1/2 lb of Chicken Breast or, Boneless skinless thighs, cut into chunks
- 1/2 cup of Plain Greek Yogurt
- 2 Cloves of Garlic, grated
- Zest and juice of 1/2 of a Lemon
- 1 Tbsp of Olive Oil
- 1 tsp of Paprika
- 1/2 tsp of Turmeric
- 1/2 tsp of Granulated Onion
- 1/2 tsp of Chili Powder
- 1/4 tsp of Dried Thyme, optional
- 1/4 tsp of Cumin
- A Tiny pinch (like half of 1/8 tsp) of Cinnamon
- Salt and Pepper, to taste

Additional Ingredients:

- 1/2 of a Red Onion, cut into large chunks, roughly the same size as the chicken
- 1 Lemon, halved

For the rice:

- 1 cup of Long Grain White Rice, rinsed well through a sieve
- 1 Tbsp of Olive Oil
- 1 tsp of Chicken Bullion Powder (or just use chicken stock instead of water)
- 1-3/4 cups of Water
- 1/2 tsp of Turmeric
- 1/2 tsp of Paprika
- 1/2 tsp of Granulated Onion
- 1/2 tsp of Granulated Garlic
- Salt, to taste

1) In a bowl, mix together the yogurt with the oil, garlic, lemon zest and juice and spices, toss the chicken well in the marinade, cover and refrigerate minimum of 6 hours or overnight.

2) To make the rice, add the oil in a small saucepan, add the rice and cook over medium heat until it starts to toast lightly (this will take a while since the rice is wet) then add the remaining ingredients, bring to a boil, lower the heat to low, simmer for 15 minutes, then remove from the heat and let it set aside.

3) Skewer the chicken with the red onion on a skewer (I prefer metal skewers) and grill on a grill pan over medium high heat for about 4 minutes on each side, and at the last minute add the lemon (cut side down) on your grill pan to cook for one minute.

4) Serve the kebabs along the rice, some warm pitas and a side salad.
NOTE: this amount of chicken makes between 3 to 4 skewers, the rice serves 2 in our household so if you're feeding more than 2 people, I suggest doubling the whole thing.

