



## ***Greek Chicken Souvlaki***

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**Serves 8**

2 lbs boneless chicken breasts cut into 1 inch cubes

**Marinade:**

¼ cup fresh lemon juice  
¼ cup olive oil  
1/4 cup white vinegar  
1 clove garlic, minced  
½ tsp dry mustard  
½ tsp paprika  
¼ tsp dried sage  
¼ tsp thyme  
Salt and pepper, 1/8 tsp each

1. Soak wooden skewers in water while chicken is marinating.
2. Combine marinade ingredients into a large bowl and whisk together.
3. Add chicken pieces and mix to thoroughly coat.
4. Cover marinade bowl and place in the refrigerator for about 1 hour.
5. Thread chicken pieces onto the skewers and grill 3-4 minutes on each side or until chicken is thoroughly cooked.
6. Serve over brown rice.
7. Enjoy!

**Nutritional Analysis**

Serving Size: One skewer, or 4-oz chicken (does not include rice)

Calories	130
Fat	3g
Saturated Fat	1g
Cholesterol	65mg
Sodium	55mg
Carbohydrates	0g
Fiber	0g
Protein	23g

**Diabetic Exchanges:**

Protein	3
Carbohydrates	0
Fat	1