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| **Recipe Name: Chicken and lamb marinade**  |
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| **yield**: 8 kabobs  | **serving size**: 2 each | **# of servings**: 4 |

**Ingredients:**

| **ingredients/specifications:** | **amounts:** |
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| Chicken Breast ( ½ inch cubes)  | 16 oz |
| Leg of Lamb (½ inch cubes)  | 16 oz  |
| plain Greek yogurt  | 2 cup |
| Olive oil  | 4 tbsp |
| Cumin | 1 tbsp |
| Turmeric | 4 tsp |
| Cayenne | 1 tsp  |
| Sesame seeds | 1 tbsp |
| Parsley (chopped) | 4 tsp |
| Garlic (minced) | 2 tsp |
| Lemon juice  | 4 tsp |
| Salt and pepper  | tt |
| Zucchini, red onion, red bell, yellow bell (½ inch chunks) | 4 oz each  |
| Olive oil  | as needed |
| 8” Bamboo skewers  | 8 |

**Procedure:**

**Prep:**

| 1. Mix all ingredients, except for vegetables, in a large bowl
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| 1. Cover and let sit for at least 2 hours while soaking the bamboo skewers
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| 1. Assemble the skewers with vegetables, chicken and lamb
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| 1. Toss the vegetables with olive oil, salt and pepper
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