

A Gut Feeling Greek Chicken Kabobs

INGREDIENTS

- Coconut spray cooking oil
- 2 tsp finely shredded lemon peel
- 3 tbsp lemon juice
- 3 tbsp snipped fresh oregano
- 2 tbsp coconut oil
- 2 cloves garlic, minced
- $\frac{3}{4}$ tsp salt
- $\frac{1}{4}$ tsp ground black pepper
- 1 $\frac{1}{2}$ lbs. boneless, skinless chicken breast, cut lengthwise into 1-inch strips
- 1 cup grape tomatoes
- 1 6-oz plain low-fat yogurt/coconut yogurt
- $\frac{1}{2}$ cup shredded cucumber
- 2 tsp lemon juice
- 4 Greek pita flatbreads- Flatout *

METHOD

Preheat broiler. Line 15X10X1 baking sheet with foil. Lightly coat with cooking spray; set aside.

In a medium bowl whisk together lemon peel, the 3 tbsp of lemon juice, oregano, coconut oil, garlic, $\frac{1}{2}$ tsp salt and the ground black pepper. Add chicken; toss to coat. Thread chicken and tomatoes onto six to eight long metal skewers. Place skewers on the prepared baking sheet; drizzle with and remaining lemon mixture. Broil 4 to 5 inches from the heat for 12 to 14 minutes until chicken is cooked through, turning halfway through the cooking time.

Meanwhile, in a small bowl combine yogurt, cucumber, 2 tsp of lemon juice, remaining $\frac{1}{4}$ tsp salt. Remove chicken and tomatoes from skewers. To serve, spread yogurt mixture on flatbreads. Top with chicken and tomatoes.