



Grilled Chicken and Veggie Skewers with Yogurt Herb Dip

Skewers:

1 pound skinless, boneless chicken breast, cut into 1-inch cubes

1 zucchini, sliced

1 red bell pepper, chopped into squares

1 red onion, chopped

1 tablespoon olive oil

1 teaspoon garlic powder

1 teaspoon smoked paprika

Celtic salt and pepper to taste

Wooden or metal skewers

Yogurt Herb Dip:

½ cup plain Greek yogurt

1 tablespoon lemon juice

2 teaspoons chopped dill or parsley

1 clove garlic, minced

Pinch of salt

Toss the chicken and veggies in olive oil, garlic powder, paprika, salt and pepper. Thread onto skewers, alternating chicken and vegetables. Grill over medium heat for 10 to 12 minutes, turning occasionally until chicken is fully cooked. Mix dip ingredients in a small bowl and serve alongside the skewers.

