



Sparkle Kitchen

Mediterranean Chicken and Grape Kebabs

(makes about 8 kebabs)

Ingredients

2 cloves garlic

2 sprigs rosemary

1 sprig oregano

1 pound chicken breasts

4 tablespoons olive oil

½ teaspoon salt

½ teaspoon pepper

Zest and juice of 1 lemon

About 2 cups green grapes

Directions

Mince the garlic. Strip the herbs from their stems, and mince them finely, as well. Chunk the chicken breasts into about 2 inch cubes, and put them in a container with a tightly sealing lid. Add the olive oil, garlic, herbs, salt, pepper, and the zest and juice of a lemon. Put on the lid and shake to combine. Let the chicken marinate in the fridge for at least four hours.

When it's time to cook, get a grill (or indoor grill pan) warmed up to high heat. Prepare the kebabs by alternating chicken and grapes on bamboo skewers.

Grill the kebabs for about four minutes per side on each of the four sides, then cut into one of the larger chunks of chicken to test for doneness. The meat should be opaque and the juices should run clear, or—if you have a thermometer—the center of the meat should be 165 degrees Fahrenheit. Once the chicken is done, remove the kebabs from the heat, and serve them over tabouleh or another favorite grain salad.

Enjoy!