

Greek-Style Chicken

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PREPARATION TIME: 15 MIN
MARINATING TIME: 2 H

COOKING TIME: 15 MIN
PORTIONS: 2

1 tbsp (15 ml) light mayonnaise
2 tbsp (30 ml) 0% plain yogurt
1 tbsp (15 ml) oregano
1 tbsp (15 ml) olive oil
1 tbsp (15 ml) lemon juice
1 tsp (5 ml) onion powder
1 clove garlic, finely chopped
1 tsp (5 ml) old-fashioned Dijon mustard
Salt and pepper to taste
7 oz. (200 g) chicken breasts
in kebab cubes
4 oz. (120 g) store bought tzatziki spread

**Serve your chicken with
(1 portion)**

½ cup (125 ml) wild rice, cooked
6 asparagus spears, steamed

- Mix all the ingredients and marinate in the fridge for at least 2 hours.
- Preheat oven to 425°F (215°C).
- Thread the chicken cubes onto the 2 skewers.
- Lay the kebabs on a baking tray.
- Cook in the oven for 15 minutes, turning twice.

PER PORTION
(with accompaniments)

413
CALORIES

32 g
CARBOHYDRATES

33 g
PROTEINS

20 g
FAT

1
VEGETABLE

1
STARCH

1
MEAT AND ALTERNATIVES

1
FAT

