

D'Avolio Herb Chicken Skewers



Makes: 6 servings



Ingredients:

- ♥ ¼ cup D'Avolio Harissa Extra Virgin Olive Oil
- ♥ 1 tsp. rosemary leaves
- ♥ 1 tsp. chopped thyme
- ♥ 1 tsp. chopped oregano
- ♥ 1 tsp. ground cumin
- ♥ 1 ½ pounds skinless, boneless chicken breast halves, cut into 1 ½ inch cubes
- ♥ Serve with harissa or hummus

PREPARATION

1. Combine the olive oil, rosemary, thyme, oregano, and ground cumin
2. Cut the chicken into 1 ½ inch cubes and place in the marinade
3. Marinade the chicken for at least 3-4 hours up to 24 hours
4. Preheat the oven to 400°F and cook the chicken for 20 to 30 minutes or until it reaches an internal temperature of 165°F (about 20-35 minutes)
5. Serve with harissa and hummus

Nutrition: 150 calories; 11g fat (1.5g saturated fat); >1g carbohydrates; 13g protein; 1g fiber; 70mg sodium



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