

Chicken Kebabs with Creamy Pesto

TriHealth Dietician Approved



Quick facts

- Serving size: 1 kabob
- Calories: 211 kcal
- Carbs: 7 g
- Fat: 7.3 g
- Protein: 27.9 g
- Sodium: 441 mg

Ingredients

- 2 teaspoons grated lemon rind
- 4 teaspoons fresh lemon juice, divided
- 2 teaspoons bottled minced garlic
- 2 teaspoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 8 (1-inch) pieces of yellow bell pepper
- 8 cherry tomatoes
- 1 pound skinless, boneless chicken breasts, cut into 1-inch pieces
- 1 small red onion, cut into 8 wedges
- Cooking spray
- 2 tablespoons plain low-fat yogurt
- 2 tablespoons reduced-fat sour cream
- 1 tablespoon commercial pesto

Instructions

1. Preheat broiler.
2. Combine rind, 1 tablespoon juice, garlic, oil, salt, and pepper. Toss with bell pepper, tomatoes, chicken, and onion. Thread vegetables and chicken onto 4 (12-inch) skewers.
3. Place skewers on a broiler pan coated with cooking spray. Broil 12 minutes or until chicken is done, turning occasionally.
4. Combine 1 teaspoon juice, yogurt, sour cream, and pesto. Serve the sauce with kebabs.

Bon Appétit!

Recipe source: not specified