BeWell recipe of the month:

Chicken Kabobs with Cucumber Salsa

From the kitchen of A. Perez, R. Tu and A. Gephardt at the Health Improvement Program

Ingredients

For Chicken Kabobs:

- 2 lbs. boneless skinless chicken breast, chopped into 1 inch pieces
- 3 cloves of garlic, minced
- 3 Tbs lemon juice
- 1 Tbs olive oil
- ¼ tsp salt
- pepper
- Bamboo skewers

For Cucumber Salsa:

- 1 large cucumber, peeled and roughly chopped
- ¼ of a small red onion
- ¼ cup parsley
- 1 Tbs lemon juice
- zest of 1 lemon
- 1 Tbs olive oil
- ¼ tsp salt
- ¼ cup feta cheese, crumbled

Directions:

1. Combine chicken, garlic, lemon juice, oil, salt and pepper in a medium sized bowl. Toss to coat the chicken, then allow the chicken to marinate for 20 mins. Soak skewers in water.
2. Place cucumber, onion, parsley in food processor or blender and process until the ingredients are finely chopped (not pureed). Pour into a bowl and add in lemon, zest, oil, salt and feta. Stir.
3. Skew chicken onto skewer. Then cook on grill or stovetop grill pan (you may also bake the chicken) until done.
4. Pour salsa over chicken when serving.