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Grilled Chicken and Lemon Skewers

Prep Time: 15 min. Cook Time: 10 min.

Serving size: 4 skewers

Recipe makes 4 servings

Ingredients

2 chicken breasts, cubed

1 large lemon, sliced

16 bamboo skewers, soaked overnight

1 lemon, juiced

2 garlic cloves, minced

2 tbsp olive oil

1/4 cup finely chopped basil

1 tbsp whole ground mustard

Salt and pepper to taste

Directions

1. Preheat grill to medium-high heat.
2. Place on skewers, alternating a cube of chicken with 1 slice of lemon, folded in half.
2. Mix lemon juice, garlic, salt, pepper, olive oil, basil, and mustard.
3. Brush juice mixture over skewers (on both sides).
4. Grill over medium-high heat for approximately 4 minutes per side and serve.