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Grilled Chicken and Lemon Skewers

Serve on bed a quinoa or rice and pair it with a yummy green veggie for a healthy, filling, gluten-free meal. Seriously, this couldn't be any simpler...or more delicious!

Prep Time: 20 min. Cook Time: 10 min.

Serving size: 4 skewers

Makes 4 servings

Ingredients

2 cubed chicken breasts

1 sliced lemon

16 bamboo skewers, soaked overnight

Juice of 1 lemon

2 minced garlic cloves

Salt and pepper to taste

2 tbsp olive oil

1/4 cup finely chopped basil

1 tbsp whole ground mustard

Directions

1. Preheat grill. If you are using bamboo skewers, soak them overnight or as indicated by the manufacturer's instructions.
2. Skewer a cube of chicken alternating with a slice of lemon that's folded in half.
2. Mix lemon juice, garlic, salt, pepper, olive oil, basil, and mustard in a small bowl.
3. Brush sauce over both sides of skewers.
4. Grill over med-high heat for about 4 minutes on each side and serve.