

Chicken Kofte Kabobs with Creamy Cucumber Sauce

Serves: 4

Serving Size: Two skewers, ¼ cucumber, ½ Roma tomato, big scoop of sauce



CHICKEN KOFTE KABOBS

1 lb. ground chicken
2 T. fresh oregano, finely chopped
2 T. parsley, finely chopped
1 T. fresh mint, finely chopped
1 t. kosher salt
1/2 t. cumin
20 turns freshly ground black pepper
1/8 t. coriander
1/8 t. ground cloves

SAUCE

3/4 c. Greek yogurt
1/2 cucumber, peeled, seeded and finely chopped
2 T. fresh mint, finely chopped
2 T. chives, finely chopped
2 cloves garlic, finely chopped
1/2 t. kosher salt

SIDES

1 cucumber, sliced
2 Roma tomatoes, halved and sliced



Combine chicken, oregano, parsley, and mint until well mixed. In a separate bowl, combine salt through cloves. Add to chicken mixture and mix until fully incorporated. Place in refrigerator for at least an hour, up to one day ahead. One hour before cooking time, soak 8 bamboo skewers in water. Then, when ready, preheat oven to 350° F. Just before cooking, spray broiler pan with cooking spray. Divide chicken mixture into eight portions and roll into an oblong shape, then place on skewer. Add all the kabobs to the broiler pan and cook for 25 minutes, turning once. Remove and let cool a minute before serving.

Mix together all of the sauce ingredients and refrigerate for at least an hour, and up to 24 hours ahead. Place on a plate with sliced sides and add two chicken kabobs to each plate.

Notes:

- This meal was pretty light. Next time, I might add a pita and some lettuce to the meal – either all tucked inside the pita, or served on a plate.
- To make this non-dairy, substitute non-dairy sour cream for Greek yogurt.

Estimated Calories: 257 cal/serving