

Juicy Grilled Chicken Bites + Garlic Dipping Sauce You'll Want on Everything

Looking for something light, flavorful, and unbelievably satisfying? These



TIME
5 min

TEMP
165°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

For the Chicken:

1 lb boneless, skinless chicken breasts, cut into bite-sized pieces

2 tbsp olive oil

1 tsp paprika

1/2 tsp garlic powder

1/2 tsp onion powder

Salt and pepper, to taste

For the Creamy Garlic Sauce:

1/2 cup mayonnaise

2 tbsp sour cream

2 cloves garlic, minced

1 tbsp lemon juice

1 tbsp chopped parsley (optional)

DIRECTIONS

1. Preheat your grill or grill pan over medium heat.
2. In a bowl, toss chicken pieces with olive oil, paprika, garlic powder, onion powder, salt, and pepper until well coated.
3. Grill chicken for 4-5 minutes per side, or until golden and fully cooked. Look for nice char marks!
4. Meanwhile, in a small bowl, whisk together mayonnaise, sour cream, minced garlic, lemon juice, and parsley to make the creamy garlic sauce.
5. Serve chicken hot with a generous drizzle of sauce or as a dip on the side.

SWAPS & NOTES

Chicken Thighs: For extra juiciness and flavor, swap in boneless skinless chicken thighs.

Low-Fat Sauce: Use Greek yogurt instead of mayo and sour cream for a lighter version.

Add Heat: Toss in a pinch of cayenne pepper or smoked paprika.

Fresh Herbs: Add dill or chives to the sauce for a different herbaceous vibe. ???

TIPS FOR SUCCESS

Cut chicken uniformly so it cooks evenly.

Don't overcook -use a thermometer to ensure internal temp reaches 165°F.

Let the grilled chicken rest for a few minutes before serving to keep juices locked in.

Skewer the bites before grilling for easy flipping and fun presentation. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/juicy-grilled-chicken-bites-garlic-dipping-sauce-youll-want-on-everything/>