

## Grilled Chicken Bites-Bold Flavor, Easy Prep, Perfect for Dipping

These Grilled Chicken Bites with Creamy Garlic Sauce Are My Go-To Flavor Fix



**TIME**  
**30 min**

**TEMP**  
**165°F**

**PRINT**  
**Recipe Card**

**SAVE**  
**PDF**

### INGREDIENTS

For the Chicken:

- 1 lb boneless, skinless chicken breasts, cut into 1-inch cubes
- 1 tablespoon olive oil
- 1 teaspoon paprika
- $\frac{1}{2}$  teaspoon garlic powder
- ... teaspoon salt
- ... teaspoon black pepper
- ... teaspoon cayenne pepper (optional for heat)

For the Creamy Garlic Sauce:

- $\frac{1}{2}$  cup mayonnaise
- ... cup sour cream
- 2 cloves garlic, minced
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon lemon juice

### DIRECTIONS

- 1.** Step 1: Marinate the Chicken: In a bowl, mix chicken cubes with olive oil, paprika, garlic powder, salt, pepper, and cayenne (if using). Let sit for 10-30 minutes to absorb flavor.
- 2.** Step 2: Cook the Chicken: Preheat grill or stovetop skillet over medium-high heat. Grill the chicken bites for 4-5 minutes per side until golden brown and cooked through (internal temp: 165°F). Remove from heat and let rest a few minutes.
- 3.** Step 3: Make the Creamy Garlic Sauce: In a small bowl, whisk together mayonnaise, sour cream, minced garlic, lemon juice, parsley, salt, and black pepper until smooth and creamy.
- 4.** Step 4: Serve and Enjoy: Serve chicken bites warm with garlic sauce on the side or drizzled over top. Pair with roasted veggies, salad, rice, or wrap it all in a tortilla for a full meal.

### SWAPS & NOTES

and Swaps Mayo swap : Use Greek yogurt for a lighter sauce.  
Add crushed red pepper or a splash of hot sauce to the marinade or sauce.

Fresh herbs : Basil or dill can be swapped in for parsley.  
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### TIPS FOR SUCCESS

Don't over-marinate : 10-30 minutes is plenty for small chicken cubes.

Use skewers : If grilling, thread chicken onto skewers for easy flipping.

Char = flavor : A little grill char adds tons of smoky depth.

Make extra sauce : It's great on burgers, sandwiches, or roasted potatoes! ?

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

Original recipe: <https://chefmaniac.com/grilled-chicken-bites-bold-flavor-easy-prep-perfect-for-dipping/>