

Grilled Mediterranean Chicken Skewers - Fresh, Flavorful & Easy

Grilled Mediterranean Chicken Skewers with Fresh Veggies: Colorful, Healthy, and Full of Flavor



TIME
5 min

TEMP
165°F

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INGREDIENTS

- 1 lb chicken breast, cut into bite-sized cubes
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp ground cumin
- 1 tsp garlic powder
- $\frac{1}{2}$ tsp smoked paprika
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp black pepper

- 1 lemon, juiced and zested
- 1 tbsp fresh parsley, chopped
- $\frac{1}{2}$ red onion, cut into chunks
- 1 bell pepper, cut into chunks
- 1 zucchini, cut into thick slices
- 1 cup cherry tomatoes

Substitutions & Additions:

Protein: Use boneless chicken thighs for extra juiciness or swap in shrimp or halloumi for variation.

Veggies: Add mushrooms, eggplant, or even pineapple for a sweet twist.

Spice it up: Add a pinch of red pepper flakes to the marinade for a kick.

Instructions:

1. Preheat the grill:
2. Make the marinade:
3. Marinate the chicken:

4. Assemble the skewers:

5. Grill the skewers:

6. Garnish and serve:

Tips for Success:

Soak wooden skewers in water for 30 minutes before grilling to prevent burning.

Use a meat thermometer-chicken is done at 165°F.

Don't overcrowd your skewers; give the veggies room to cook evenly.

Serving Suggestions:

3-Ingredient Egg Wrap for a simple, healthy wrap.

Instant Pot Lasagna for a Mediterranean-Italian mash-up dinner.

Sheet Pan Quesadillas as a fusion side dish.

Storage & Leftovers:

Fridge: Store leftovers in an airtight container for up to 3 days.

DIRECTIONS

1. Preheat the grill: Preheat an outdoor grill or grill pan over medium-high heat.? Duration: 5 minutes
2. Make the marinade: In a large bowl, whisk together olive oil, oregano, cumin, garlic powder, smoked paprika, salt, pepper, lemon juice, and zest.? Duration: 2 minutes
3. Marinate the chicken: Add the chicken cubes to the marinade and toss to coat. Let marinate for at least 15 minutes (or up to 1 hour in the fridge).? Duration: 15-60 minutes
4. Assemble the skewers: Thread the chicken and vegetables onto skewers, alternating colors and textures.? Duration: 5 minutes
5. Grill the skewers: Place skewers on the hot grill and cook for 8-10 minutes, turning occasionally, until the chicken is fully cooked and veggies are slightly charred.? Duration: 10 minutes
6. Garnish and serve: Remove from grill and sprinkle with fresh parsley. Serve warm with your favorite sides.? Duration: 2 minutes
7. Tips for Success: Soak wooden skewers in water for 30 minutes before grilling to prevent burning.
8. Use a meat thermometer-chicken is done at 165°F.
9. Don't overcrowd your skewers; give the veggies room to cook evenly.
10. Serving Suggestions: Serve with a scoop of hummus, a drizzle of tzatziki, or wrapped in warm pita. Or go low-carb and serve with:
11. 3-Ingredient Egg Wrap for a simple, healthy wrap.
12. Instant : Pot Lasagna for a Mediterranean-Italian mash-up dinner.

13. Sheet : Pan Quesadillas as a fusion side dish.
14. Storage & Leftovers: Fridge: Store leftovers in an airtight container for up to 3 days.
15. Reheat: Warm in a skillet or microwave, or eat cold in a salad or wrap.
16. Meal : Prep Tip: Make extra and use leftovers in grain bowls or Mediterranean tacos.
17. More Recipes You'll Love: Dorito Casserole - for a cheesy contrast to this lighter meal.
18. Crockpot : Nacho Dip - the perfect party pairing appetizer.
19. Final Thoughts: These Grilled Mediterranean Chicken Skewers are one of those recipes that looks as good as it tastes-and it tastes really good. Juicy, herby, and colorful, they're ideal for quick weeknight dinners or weekend grilling parties. Let me know if you try them and tag your pics so I can see your skewer creations!

TIPS FOR SUCCESS

Soak wooden skewers in water for 30 minutes before grilling to prevent burning.

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

Original recipe: <https://chefmaniac.com/grilled-mediterranean-chicken-skewers-fresh-flavorful-easy/>