

Easy Grilled Garlic Parmesan Chicken Kabobs

Garlic Parmesan Chicken Skewers

OVEN
400°F

TIME
30 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

1½ lbs boneless skinless chicken breasts, cut into 1-inch cubes
3 tablespoons olive oil
3 cloves garlic, minced
1 teaspoon Italian seasoning
1 teaspoon salt
½ teaspoon black pepper
½ cup grated Parmesan cheese
2 tablespoons fresh parsley, chopped
Wooden or metal skewers

DIRECTIONS

- 1.** Preheat the Grill: Preheat grill to medium-high heat. If using wooden skewers, soak them in water for at least 20 minutes.
- 2.** Marinate the Chicken: In a bowl, mix olive oil, minced garlic, Italian seasoning, salt, and black pepper. Add chicken cubes and toss until evenly coated. Let marinate for 15 minutes.
- 3.** Thread the Skewers: Thread marinated chicken onto skewers, leaving a little space between pieces for even cooking.
- 4.** Grill or Broil: Grill for 10-12 minutes, turning occasionally, until chicken reaches an internal temperature of 165°F (74°C).
- 5.** If using the oven, broil for 12-15 minutes, turning halfway through.
- 6.** Finish with Parmesan: Immediately sprinkle hot skewers with grated Parmesan and chopped parsley so it sticks beautifully to the chicken.
- 7.** Serve: Serve warm with ranch, garlic butter, or marinara for dipping if desired.

SWAPS & NOTES

& Swaps Chicken thighs: A great alternative for extra juiciness.

Fresh Parmesan: Grate your own for best flavor and melt.

Add lemon: A squeeze of fresh lemon juice brightens everything.

Spice it up: Add red pepper flakes for a subtle kick.

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

Original recipe: <https://chefmaniac.com/easy-grilled-garlic-parmesan-chicken-kabobs/>