

Indian Spiced Kabobs

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Ingredients

1 pound chicken breast, cubed
1/2 cup nonfat Greek Yogurt
1 tablespoon half and half
1 teaspoon Garam Masala (Indian spice blend)
1 teaspoon grated fresh ginger
1/2 teaspoon crushed garlic
2 tablespoons extra virgin olive oil
1/4 teaspoon lemon zest
dash of freshly ground black pepper
(DO NOT add salt)

Directions

Combine all ingredients in a bowl and mix together, combine with the chicken, place in a ziplock bag. Let marinate overnight.

Soak wooden skewers for 30 minutes and place chicken on skewers.

Brush grill with olive oil.

Grill skewers on medium heat for about 5 minutes on each side with cover down.

Serve dusted with more garam masala! I would actually recommend making another batch of the marinade as a dipping sauce or to top it with, it was quite delicious!