

grilled spice-rubbed chicken skewers with veggies

RECIPE COURTESY OF MEGAN MITCHELL

INGREDIENTS:

- 1 ½ tablespoons ground turmeric
- 2 teaspoons curry powder
- 2 teaspoons kosher salt
- 2 teaspoons paprika
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons freshly cracked black pepper
- ½ teaspoon ground cinnamon
- ½ teaspoon cayenne pepper
- 1 ¼ pounds boneless skinless chicken breasts (about 2 large breasts), cut into 1-inch pieces
- 2 medium or 3 small zucchini, cut into 1-inch pieces
- Grapeseed oil
- 10 ounces cherry tomatoes
- Cooked rice, for serving
- Hummus, for serving

ACTIVE TIME:

40 minutes

TOTAL TIME:

50 minutes

EASE OF PREPARATION:

Easy

YIELD:

6 servings

INSTRUCTIONS

1. Soak twenty 10-inch wooden skewers in water for at least 30 minutes before grilling. Preheat your grill on medium-high heat, about 425°F. Clean the grill grates.
2. Begin by making the spice mixture. In a small bowl, mix together the turmeric, curry powder, salt, paprika, garlic powder, black pepper, cinnamon, and cayenne.
3. Place the chicken in a medium bowl. Place the zucchini in a separate medium bowl. Drizzle both with 1 tablespoon of oil and toss. Divide the spice mixture between the two bowls and toss to coat.
4. Start by skewering 5 to 6 tomatoes each onto 6 skewers. Place on a sheet pan. Next skewer 10 to 12 zucchini pieces each onto 6 skewers. If you have extra zucchini, make extra skewers as needed. Place on the pan with the tomatoes.
5. Next, skewer the chicken, about 8 to 9 pieces each onto 6 skewers.
6. Oil the grill grates and place the chicken and zucchini on the grill. Close the lid and cook for 5 to 6 minutes. Flip, close the lid, and continue cooking the chicken and zucchini until charred and the chicken has cooked through, 8 to 10 minutes longer. Lastly, grill the tomatoes until you see grill marks and they turn bright red and just begin to burst, 1 to 2 minutes per side.
7. To serve, place 1 skewer each of chicken, zucchini, and tomato on each plate with a scoop of rice and dollop of hummus.