

Easy Chicken Souvlaki

Makes: 10 to 12 pieces

Ingredients:

1.5 pounds chicken tenders, rinsed and patted dry

¼ cup extra virgin olive oil

¼ cup lemon juice (about 1 lemon)

4 cloves garlic, minced

2 tablespoons dried oregano

½ teaspoon kosher salt

¼ teaspoon ground black pepper

Directions:

Rinse the chicken tenders under cold water and pat them dry with a paper towel; set aside.

Add the remaining ingredients to a gallon plastic zip bag and mix them around until combined. Add the chicken tenders to the marinade and zip the bag tightly shut. Refrigerate for at least one hour or even overnight. The tenders may also be frozen in the marinade for up to 3 months. To freeze, lay the bag flat in a single layer in the freezer, and thaw them completely in the refrigerator before grilling.

Preheat your grill over medium-high and wipe the grates with vegetable oil to keep the chicken from sticking to them.

Place the skewers on the hot grill and cook until golden brown and fully cooked, about 3 to 4 minutes on each side. Transfer the skewers to a clean plate and serve immediately or refrigerate for up to 4 days. I serve the tenders with tzatziki sauce, grilled pitas and a simple salad of chopped tomatoes, onion and cucumbers tossed with olive oil, salt and pepper.