

PREPARATION: 10 MINUTES

MARINATE: 1 HOUR OR OVERNIGHT

4 SERVINGS

# LEMON CHICKEN SKEWERS



## INGREDIENTS

580 g chicken breast, boneless, skinless (2 halves)

1 yellow bell pepper

½ cup red onion

4 skewers

### Marinade

2 tablespoons mayonnaise

¼ cup fresh cilantro, chopped

2 cloves garlic, minced

1 lemon (juice + zest)

## PREPARATION

- 1 Cut the chicken breast into 16 cubes of similar size.
- 2 In a bowl, combine the mayonnaise, cilantro, garlic, juice and zest of the lemon. Add the chicken cubes and turn them in the marinade. Cover and refrigerate for a minimum of 1 hour.
- 3 Cut the bell pepper into 12 pieces. Cut 12 slices of onion.
- 4 Soak wooden skewers in water for a few minutes to prevent them from burning. Make 4 skewers by alternating chicken, onion and peppers.
- 5 Cook on the barbecue: heat BBQ on high, then reduce temperature to medium. Turn the skewers halfway through cooking. Or bake them in preheated oven at 450°F. Place skewers on a baking sheet lined with parchment paper. Cook until internal temperature reads 165°F.

*Serve with bean salad or coleslaw on page 11.*

### Nutrient Analysis

#### PER SERVING:

¼ of recipe

#### RENAL EXCHANGE:

4 Protein + 1 Vegetable

Calories	<b>219 Kcal</b>
Protein	<b>33 g</b>
Carbohydrates	<b>8 g</b>
Fibre	<b>1 g</b>
Total Fat	<b>6 g</b>
Saturated Fat	<b>1 g</b>
Cholesterol	<b>107 mg</b>
Sodium	<b>117 mg</b>
Potassium	<b>642 mg</b>
Phosphorus	<b>336 mg</b>