Dinner, Mediterranean

Grilled Basil Chicken and Veggie Skewers

Chunks of chicken breast grill alongside zucchini and cherry tomatoes on skewers, all coated in a fresh basil and pine nut sauce. It is a colorful main; just plan ahead, since the skewers need at least 30 minutes to soak.



Gluten free

55 min	300	9 g	5 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1/8 tsp black pepper
- [ ] 1/4 cup pine nuts (toasted)
- [ ] 2 clove garlic (minced)
- [ ] 1 cup fresh packed basil leaves (about 1 bunch)
- [ ] 1 tbsp olive oil
- [ ] 8 whole bamboo skewers
- [ ] 2 tbsp Parmesan cheese (freshly grated)
- [ ] 1 1/4 lbs boneless, skinless chicken breasts (cut into 24 cubes)
- [ ] 2 med zucchini (cut into 24 pieces)
- [ ] 24 whole cherry tomatoes

Nutrition Facts

Per serving

Calories	300
Total fat	13 g
Saturated fat	2 g
Sodium	120 mg
Total carbs	9 g
Fiber	2 g
Total sugars	5 g
Protein	36 g

Method

- [ ] 1 Put the bamboo skewers into warm water and let them soak for at least 30 minutes.
- [ ] 2 Get an indoor or outdoor grill heating up.
- [ ] 3 As the bamboo skewers soak, combine the olive oil, minced garlic, fresh packed basil leaves, toasted pine nuts, black pepper, and freshly grated Parmesan cheese in a blender or food processor and blend until smooth.
- [ ] 4 Build each skewer by threading on the boneless, skinless chicken breasts along with the zucchini pieces and cherry tomatoes, alternating them and using 3 pieces of each per skewer.
- [ ] 5 Brush the assembled skewers all over with the basil mixture so they are well coated.
- [ ] 6 Cook the skewers on the grill for about 7 minutes, turning them frequently. Keep brushing on the basil mixture until none remains, and take them off once the chicken is cooked through and reaches 165°F.

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