

Lemon-Garlic Chicken Kebabs on Top of a Chopped Salad



Plan Z Phase: This is a Z2 (ZReduction) recipe. Grilling makes Plan Z easy and popular. This dish can be served to a whole family or even as part of an outdoor cookout party.

Servings: Serves 2 but can be multiplied for a party or a family

Ingredients:

For the chicken:

- 2 Tbl lemon juice
- 2 tsp of minced garlic (jar garlic will work just fine)
- 1/3 – ½ tsp of ground oregano (or to taste)
- Sea salt and pepper to taste
- 1 lb of skinless, chicken breast cut to bite-sized pieces

For the chopped salad:

- unlimited greens chopped to small, bite-sized pieces. I use predominately romaine. You can use your favorites. I always pick one that is crunchy though...kale will work, too. This leafy green has a lot of crunch.
- 1 cup of allowed veggies

- 1 Tbl of allowed dressing

Instructions:

For the chicken:

In a bowl, place the cut up chicken. Drizzle on the lemon juice and toss in the garlic and sprinkle on the oregano. Stir to combine. Marinate 15 minutes or longer in your refrigerator.

Thread the chicken pieces onto skewers. If using wooden skewers, be sure to soak them first in water for a half hour so they don't burn on the grill. Season with grated sea salt and pepper.

Preheat grill.

Grill on medium high until no pink remains in the chicken. Turn them to get nice grill marks as they cook. This won't take long since the chicken pieces are not large.

For the salad:

For my chopped salad I used cooked and chilled green beans cut into bite-sized pieces. I also used red and yellow tomato bits, chopped celery and chopped English cucumber.

You can use any allowed veggies you choose. One cup is your portion.

Drizzle on one tablespoon of an allowed dressing of your choice. Toss thoroughly. If you do toss it well, one tablespoon of dressing will seem like enough.

Top with your chicken.

Enjoy!

Cheers,