

Keto-Friendly Grilled Herb Chicken Skewers

- Prep Time: 35 minutes (plus 15 minutes to marinate)
- Cook Time: 10 minutes
- Total Time: 45 minutes (plus 15 minutes to marinate)
- Servings: 4

Ingredients:

- 4 Kirkwood Chicken Breasts, cut into chunks
 - 3 tablespoons plus 1 teaspoon Carlini Pure Olive Oil, divided
 - 1 1/2 teaspoons chopped rosemary
 - 1 tablespoon plus 1 teaspoon lemon zest, divided
 - 1 tablespoon lemon juice
 - 2 cloves garlic, minced
 - 1/2 teaspoon Stonemill Iodized Salt, plus additional to taste
 - 1/8 teaspoon Stonemill Ground Black Pepper, plus additional to taste
 - 4 cups Simply Nature Organic Arugula
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Directions:

1. Preheat grill to high heat.
2. Soak 4 wooden skewers in water for 30 minutes.
3. In a medium bowl, combine chicken, 3 tablespoons oil, rosemary, 1 teaspoon lemon zest, lemon juice, garlic, salt and pepper. Marinate 15 minutes.
4. Divide chicken evenly among skewers. Grill for 10 minutes, or until internal temperature reaches 165°, turning occasionally. Remove to a plate; reserve.
5. In a medium bowl, combine arugula, remaining teaspoon oil and remaining tablespoon lemon zest, salt and pepper to taste. Toss to combine.
6. Place arugula on serving platter. Lay skewers across arugula and serve.

TIP: Soak skewers and marinate chicken overnight to reduce prep time and maximize the herb flavor of the chicken.



Recipe Courtesy of:
ALDI Test Kitchen