



Lebanese Chicken Kabob

1 cup Lebni or plain whole milk Greek yogurt
1 tablespoon The Prime Ingredient Original Mediterranean Spice Blend
Zest and juice from one lemon
1teaspoon salt
1 large onion, quartered and separated
2-1/2 pounds boneless skinless chicken breast, cut into 2-inch chunks
2 tablespoons olive oil
Vegetable oil, for greasing the grill

In a medium bowl, combine the yogurt, The Prime Spice, lemon zest, lemon juice, salt, and onion. In a large bowl, add the yogurt marinade with the chicken and refrigerate overnight, or for at least 2 hours.

Line a baking sheet with aluminum foil for easy clean up. Thread the chicken and onions onto metal skewers, Be sure not to cram the skewers. (Note: You'll need between 6-8 skewers.) Place the kabobs on the prepared baking sheet. And let sit at room temp for 30 minutes. Drizzle the skewers with olive oil.

Preheat the grill to medium-high heat. To grease the grill, lightly dip a wad of paper towels in vegetable oil and, using tongs, carefully rub over the grates several times until glossy and coated. Grill the chicken kabobs until golden brown and cooked through, rotating the skewers no more than 4 times. Grill 13 to 15 minutes total. The yogurt marinade makes these kabobs prone to sticking to the grill grates; so don't worry if they do, but try to let them caramelize as much as possible before you turn the skewers.

Line the bottom of a roasting pan with 2-3 pitas. Place the cooked skewers on top of the pita and let the juices soak into the pita (dunky bread). And EAT!!!