

Cilantro Lime Grilled Chicken Kabobs

Whole30

Low Carb

Paleo

Ingredients

2 lbs frozen chicken breasts, thawed
(about 3-4 chicken breasts)
1/4 cup olive oil
1 lime, zested and juiced
2 cloves garlic, minced
2 heaping tablespoons chopped cilantro

1 teaspoon salt
1/2 teaspoon ground black pepper
Steamed rice, for serving (optional)
Additional cilantro and lime wedges, for
serving

Directions

1. Cube chicken into 2-inch pieces and add to a resealable plastic bag.
2. Add olive oil, lime juice and zest, minced garlic, cilantro, salt and pepper to the plastic bag. Use your hands to work ingredients around so the chicken is uniformly covered.
3. Chill in the fridge for at least 30 minutes and up to 24 hours.
4. When ready to cook, pierce chicken cubes onto metal or wood skewers. Discard excess marinade.
5. Preheat a greased grill to medium high heat.
6. Grill chicken until slightly charred and chicken is fully cooked through, about 4-5 minutes per side. Adjust heat as needed. Chicken internal temperature should register 160°F on an instant read thermometer.
7. Serve chicken kabobs immediately with steamed rice, more chopped cilantro, and a squeeze of lime juice.

Notes: If using wood skewers, soak in water for 30 minutes before assembling kabobs.



Serves 4-6