

TURMERIC CHICKEN SKEWERS

INGREDIENTS

ITEM	QUANTITY
Boneless, skinless chicken breast, cut into bite-sized pieces	10 Oz.
Garlic-infused Olive Oil	1 Tbsp.
Fresh Lemon Juice	1 Tbsp.
Ground Turmeric	1 Tsp.
Ground Cumin	½ Tsp.
Smoked Paprika	½ Tsp.
Ground Ginger	¼ Tsp.
Black Pepper	¼ Tsp.
Salt	1½ Tsp.
Chopped Fresh Parsley	1 Tbsp.

SERVING SIZE **½ OF RECIPE**

PREPARATION

- If using wooden skewers, soak them in water for at least 20 minutes.
- In a bowl, combine the garlic-infused olive oil, lemon juice, turmeric, cumin, paprika, ginger, pepper, salt, and parsley.
- Add the chicken and toss until evenly coated.
- Thread the chicken onto the skewers.
- Heat a grill or grill pan over medium-high heat.
- Cook for approximately 4-5 minutes per side, turning as needed, until the chicken reaches 165°F and is cooked through.

© BioIntelligent Wellness. All rights reserved. Unauthorized reproduction or distribution is prohibited.