



What's Cooking?

Episode: Bacteria

Lemon Herb Chicken Skewers with Parsley Yogurt Dip

Serves 2-4

Ingredients

1½ pounds boneless chicken breast, cut into 1-inch wide strips
Bamboo skewers, soaked in water

For the herb marinade

4 tablespoons fresh lemon juice
2 tablespoons olive oil
2 teaspoons dried oregano
3 cloves garlic, minced
2 tablespoons fresh chopped parsley
½ teaspoon salt
¼ teaspoon red chili flakes

For the yogurt dip

1 cup plain non-fat yogurt
2 tablespoons fresh chopped parsley
Zest of 1 lemon
2 tablespoons lemon juice
Salt and pepper to taste

Directions

Combine the ingredients for marinade in a large bowl. Add chicken and toss to coat evenly. Cover and marinate in fridge for at least 30 minutes. Toss chicken periodically so all strips are well marinated. Thread chicken on pre-soaked skewers.

Preheat a grill pan over medium-high heat. When the pan is hot, put the skewers on (you should hear a sizzle). Cook chicken for 4 minutes on each side, or until chicken is no longer pink inside.

For the yogurt dip, mix all ingredients well. Serve the lemon herb chicken skewers with the zesty yogurt dip on the side. Great on a bed of arugula.



This recipe features a great yogurt dip. How is yogurt made?



Special cultures of live bacteria are added to milk. These microorganisms (small living creatures) turn milk sugar, or lactose, into an acid that gives yogurt its tangy flavor. The bacteria in yogurt are also good for your health, so check your yogurt labels and get the product that contains “Live and Active Cultures.” To learn more, watch the Bacteria video at TV411.org/science.