



Posted on 10 October 2012
by ewfood

Buttermilk Chicken Kebabs

Ingredients

10 chicken breasts – cut in halves
1 cup buttermilk marinade (recipe below)
1 red or yellow bell pepper – seeded and cubed
1 red onion – cut into wedges and then cut in half
2 zucchini –
sliced thin
Salt and pepper to taste
BUTTERMILK MARINADE
Mix Together:
1 cup buttermilk
2 tbsp Dijon mustard
1 clove garlic – crushed
1 pinch of dried thyme and wild oregano
2 tbsp honey

Preparation

- 1 First, cut all the chicken breasts in half.
- 2 Put into a bowl and apply some lemon juice and salt.
- 3 Now keep aside while the marinade is being made.
- 4 Cover the chicken pieces with the marinade and leave for 30 minutes or longer.
- 5 Then thread the chicken pieces onto kebab sticks – alternating with the cut up vegetables.
- 6 Barbecue over medium coals for about 10 minutes.
- 7 Make sure to turn it frequently.
- 8 Take the chicken pieces off the barbeque when they cooked through and turn brown.
- 9 Sprinkle some salt and pepper to taste.
- 10 Serve hot with pita bread or salad.

Cooks Note
