

# *Lemony Chicken Kebabs over Cauliflower Tabbouleh*

## Nutritional Highlights

- The lean protein from the chicken will ensure you will stay full for hours
- Cauliflower is a great source of fiber, b-vitamins, and antioxidants

Servings: 4

## Ingredients

### Kebabs

- 2 Tbsp fresh lemon juice
- 2 tsp minced garlic
- 1 tsp dried oregano
- 1/4 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 Tbsp extra-virgin olive oil
- 24 oz boneless, skinless chicken breast, cut into 1.5 inch cubes

### Tabbouleh

- 1/2 head cauliflower
- 1 pint grape tomatoes, quartered
- 1/2 large english cucumber, diced
- 1/2 cup red onion, diced
- 2 cups fresh parsley leaves, chopped
- 1/3 cup fresh mint leaves, chopped

### Dressing

- 1/4 cup olive oil
- 1/4 cup lemon juice
- 3/4 tsp lemon zest
- 1 tsp ground cumin
- kosher salt and pepper to taste

## Directions

- Combine lemon juice, garlic, oregano, salt, and pepper in a bowl - whisk in oil. Add chicken cubes and combine.
- Marinate in refrigerator for 2 hours, covered.
- Cut cauliflower into florets, removing as much of the stem as possible and pulse in a food processor until grated.
- In a large bowl toss together the grated cauliflower, tomatoes, cucumber, onion, parsley, and mint leaves.
- In a small bowl, whisk the oil, lemon juice, zest, cumin, salt and pepper. Pour the dressing over the cauliflower mixture and toss well to combine. Cover tightly and place in refrigerator for at least once hour before serving.
- Remove chicken from bowl and discard marinade. Thread chicken onto 4, 10 inch skewers.
- Heat grill pan over high heat; add skewers and cook for 6 minutes or until done turning often. Serve over tabbouleh.