

Grilled Chicken Skewers: Mediterranean Low-carb Recipe



This simple, vibrant, and flavorsome grilled chicken skewers make a healthy recipe packed with a Mediterranean taste that fits aptly in the Keto diet.

Ingredients for 2 serving (US/Metric)

- 450g / 15.9oz **Chicken breast**
- 2 *pieces* **Zucchini**
- 280g / 9.9oz **Green bell pepper**
- 3 *cup* **Cauliflower**
- 4 *tbsp* **Olive oil**
- 2.5 *tsp* **Chili powder**
- 2.5 *tsp* **Garlic powder**
- **Herb Mix**

- 4 *tsp* **Dried Rosemary**
- **Salt & pepper to taste**

Nutrition (US/Metric)

- **Protein:** 45%
- **Fat:** 47%
- **Net carbs:** 8%

Instructions

1. Soak skewers in water overnight so that they don't burn while cooking.
2. Cut chicken into cube-shapes and toss with dried spices, salt, and black pepper ensuring all the chicken pieces are coated evenly.
3. Separate the cauliflower florets and dice up the green bell pepper. Half the zucchini and cut the halves to look like a half-moon.
4. Transfer all the veggies into a bowl and toss with salt and olive oil.
5. Ready the skewers by arranging chicken followed by zucchini, bell pepper, and cauliflower floret.
6. Turn on the grill for preheating at high. Place the skewers on the grates, and cook for 12-15 minutes by turning at regular intervals.
7. Enjoy right away with a dipping sauce.