

Spiced Chicken Skewers with Roasted Vegetable Salad



35 minutes | 2 servings

Find cookware

[baking sheet pan](#)
[broiler pan or baking dish](#)
[chef's knife](#)
[citrus juicer \(optional\)](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[metal or wooden skewers \(optional\)](#)
[mixing bowls](#)
[oven mitts](#)
[tongs](#)

Grab ingredients

1 small bunch	asparagus
¾ lb	chicken thighs, boneless skinless
½ (4 oz) pkg	crumbled feta cheese
½ small pkg	fresh mint
1 clove	garlic
½ small bunch	green onions (scallions)
½	lemon
1	red bell pepper
½ medium	zucchini squash
	black pepper
	chili powder
	cumin, ground
	curry powder
	extra virgin olive oil
	salt
	turmeric, ground

Cook & enjoy

- 1 Preheat oven to 450°F.
- 2 Combine spices and oil in a medium bowl.
1 tsp curry powder
1 tsp cumin
½ tsp turmeric
½ tsp chili powder
½ tsp salt
½ tsp black pepper
1 tbsp extra virgin olive oil
- 3 Pat chicken dry with paper towels, cut into 1-inch pieces and place in the medium bowl with the spice mix; toss to combine.
¾ lb chicken thighs, boneless skinless
- 4 Thread chicken onto skewers and place on a broiler pan. If you don't have skewers you can put the chicken directly on the pan. Set pan aside.
- 5 Wash and dry the fresh produce.
½ medium zucchini squash
1 small bunch asparagus
½ small bunch green onions (scallions)
½ lemon
1 red bell pepper
½ small pkg fresh mint
- 6 Trim zucchini and green onions; chop zucchini into 1-inch pieces and green onions into ¼-inch pieces. Place both in a large bowl.

- 7 Snap (or cut) off the woody ends of the asparagus and cut into thirds; add to the bowl with the zucchini.
- 8 Remove seeds and membranes from pepper and slice into thin strips; add to the bowl with the other veggies.
- 9 Peel and mince the garlic; add to the bowl.
1 clove garlic
- 10 Juice lemon into the bowl with the vegetables. Add oil, salt, and pepper; toss to combine.
2 tbsp extra virgin olive oil
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp black pepper
- 11 Spread vegetables in an even layer on a parchment lined baking sheet. Put both the veggies and the chicken skewers in the oven and bake until chicken is cooked through and veggies are tender, about 15 minutes. Toss veggies and turn chicken half-way through.
- 12 Pick mint leaves off the stems; discard the stems and roughly chop the leaves.
- 13 When chicken and vegetables are done, remove from the oven and toss mint with the veggies.
- 14 To serve, divide chicken and vegetables between plates; crumble cheese over the veggies and enjoy!
 $\frac{1}{2}$ (4 oz) pkg crumbled feta cheese