




Mediterranean Grilled Chicken Kabobs

[Suzy Karadsheh](#)

Mediterranean Grilled chicken kabobs! Chicken pieces, marinated Mediterranean-style with warm spices, garlic, citrus and excellent extra virgin olive oil, then skewered along with colorful veggies and grilled to perfection. You can grill these kabobs or broil them in the oven (broiler instruction in notes.)

★★★★★ 4.6 from 15 votes

			
PREP TIME	COOK TIME	INACTIVE TIME	TOTAL TIME
30 mins	12 mins	2 hrs	42 mins
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COURSE	CUISINE	SERVINGS	CALORIES
Entree	Mediterranean	12 skewers	147.8 kcal

INGREDIENTS

For the Chicken Kabobs

- 2 tsp [Spanish paprika](#)
- 1 tsp dried thyme
- 1 tsp [ground nutmeg](#)
- 1/4 tsp [ground green cardamom](#)
- Salt and pepper
- 2 lb boneless skinless chicken breasts Cut into large cubes (1 ½-inch or so in thickness)
- 1 yellow onion sliced
- 1/2 cup [Extra virgin olive oil](#) I used [Private Reserve](#) Greek EVOO
- 15 garlic cloves minced
- 3 lemons or limes juice of
- 1 green bell pepper cut into 1 ½-inch pieces
- 1 red bell cut into 1 ½-inch pieces

- 1 red onion cut into 1 ½-inch pieces

For the Tahini

- 1 [tahini sauce recipe](#)

INSTRUCTIONS

1. Make tahini sauce according to [this recipe](#) Store in fridge until ready to use.
2. In a small bowl, combine the paprika, thyme, nutmeg, cardamom, and a generous pinch of salt and pepper. Generously coat the chicken with the spices.
3. Place the chicken cubes in a deep dish with the sliced yellow onions. Combine the minced garlic and lemon juice and add them to the chicken dish. Add a generous drizzle of extra virgin olive oil. Toss the chicken to make sure it's well-coated. Cover and refrigerate for 2 to 4 hours (if you don't have the time to marinate, allow the chicken about 30 minutes or so at room temperature before grilling).
4. A few minutes before grilling, thread the chicken cubes, green peppers, red peppers and red onion onto wood skewers (*skewers must be soaked in water for at least 1 hour before using*).
5. Lightly oil and heat a gas grill or griddle to medium-high heat. When ready, grill the chicken kabobs, turning occasionally, for 10 to 12 minutes or until chicken is fully cooked and juices run dry (internal temperature should register 165 degrees F.)
6. Serve chicken kabobs with warm [pita](#) and tahini sauce with other bright sides and salads (see suggestions)

NOTES

- **Cook's Tip:** If you are using bamboo or wooden skewers, be sure to soak them in plenty of water for 1 hour.
- **Cook's Tips:** Allow some time for marinating, 2 to 4 hours or up to 8 hours in the fridge will help the chicken soak up all the wonderful flavors as it tenderizes. But even just 1 hour of marinating will help.
- **Broiler Instructions:** Preheat your oven broiler. Coat a sheet pan with a little oil. Arrange the skewers in a single layer on the sheet pan. Broil for 5 minutes, then flip the skewers and broil on the other side for 5 more

minutes.

- **What to Serve Along?** I've shared lots of ideas for dishes that work with chicken kabobs in the post, but here are a few: [tabouli](#), [chickpea salad](#), [watermelon salad](#) to [grilled vegetables](#) and [Greek potatoes](#)
- **Leftovers?** You can refrigerate leftover chicken kabobs in tight-lid containers for 3 days.
- **Recommended for this Recipe:** our [Private Reserve Extra Virgin Olive Oil](#) (from organically grown and processed Koroneiki olives!). Our all-natural [nutmeg](#), [cardamom](#), [allspice](#), and [paprika](#).
- **SAVE!** [Create your own 6-pack](#) of our all-natural and organic spices; or try the [Ultimate Mediterranean Spice Bundle](#).
- Visit [The Mediterranean Dish Shop](#) for quality Mediterranean products!

NUTRITION

Calories: 147.8kcal	Carbohydrates: 6.1g	Protein: 8.8g
Fat: 10.2g	Saturated Fat: 1.5g	Cholesterol: 24.1mg
Potassium: 244.1mg	Fiber: 1.4g	Vitamin A: 531IU
Vitamin C: 28.5mg	Calcium: 21mg	Iron: 0.6mg



KEYWORD

chicken kabob marinade, grilled chicken kabobs, mediterranean kabobs

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