

## Chicken Kabobs with Avocado Tzatziki Sauce

Not your traditional chicken souvlaki!

### Ingredients

#### Chicken Kabobs:

- 1 pound boneless, skinless chicken breast (or tenders) sliced thin, lengthwise
- 1 Tbsp greek seasoning mix
- 1/2 tsp garlic powder
- 1/4 tsp dried tarragon
- 2 Tbsp olive oil



#### Avocado Tzatziki:

- 1 avocado, pitted and mashed
- 1/2 cup plain greek yogurt
- 1/2 tsp kosher salt
- 1/2 tsp fresh ground black pepper
- 6-8 drops tabasco sauce
- 1 Tbsp lemon juice
- 1/2 tsp garlic powder
- 1 Tbsp greek seasoning mix

### Directions

Soak wooden skewers for 1 hour.

1. Add avocado, greek yogurt and lemon juice for tzatziki sauce to blender or food processor. Whirl until smooth and creamy. Add remaining ingredients and pulse again. Spoon into bowl and refrigerate (covered) until ready to serve.
2. Slice chicken breasts lengthwise into thin strips (or use chicken tenders). Place in a large ziploc bag. Add seasonings and shake until evenly coated.
3. Using bamboo skewers, thread 2 or 3 strips of chicken onto skewer. Grill over medium high heat. Cook about 4-6 minutes per side, remove when completely cooked.
4. Serve hot with avocado tzatziki sauce.

**Nutritional Info:** Serves 6

Calories 197

Protein 28.3g

Fat 11g

Effective Carbs 1.2g

Adapted from ShugarySweets.com