

mediterranean chicken kabobs with orzo salad

CHANTILLY ACADEMY | LUNCH

ingredients

CHICKEN KABOBS

7 skinless chicken breast
5 tbsp dry spice blend
1/2 cup plain yogurt

dry spice blend

1 tbsp coriander, toasted and ground
1 tbsp turmeric, ground
1 tbsp cumin, ground
1 tbsp dried rosemary, ground
1 tbsp black pepper, ground

ORZO SALAD

3 cups grape tomatoes, halved
2-1/2 cups green bell pepper, large dice
2 cups yellow onions, large dice
1 cup mozzarella, 1/4-inch cube
10 tsp dry spice blend
5 cups whole-grain orzo, dry
5/8 cups basil, chiffonade
10 cups water

dry spice blend

2 tsp coriander, toasted and ground
2 tsp turmeric, ground
2 tsp cumin, ground
2 tsp dried rosemary, ground
2 tsp black pepper, ground

preparation

CHICKEN KABOBS

Cut the chicken thighs into 1-inch cubes.

In a medium bowl, mix together dry spice blend and yogurt.

Dip chicken cubes in spice blend yogurt mix.

Put four cubes of chicken onto a skewer.

Grill until chicken is cooked through; about 7 minutes.

Place on top of orzo salad.

ORZO SALAD

Prepare all vegetables, herbs, and cheese as indicated an ingredient list.

Toss vegetables in 1 tsp of spice blend and roast at 350°F for about 6 1/2 - 7 minutes.

Add basil into boiling water along with orzo, and prepare orzo as directed on packaging.

Lightly mix all ingredients together in a bowl.

Makes 10 servings.

serve with

fresh oranges and mint

Cut 5 navel oranges into 8 slices. Mix together 1/2 teaspoon fresh mint, finely chopped and 2 tablespoons sugar and sprinkle on top. Makes 10 servings.