Italian flavored chicken spiedini

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Full of Italian flavors, this chicken spiedini recipe is such an easy and delicious chicken dish. Marinated chicken strips are skewered and grilled to a crispy goodness, Severed with a simple yogurt sauce, this tasty dish is a good for you meal your family and friends will love.

It’s such a great chicken dish for weeknight family meals and perfect for weekend BBQs with friends.

What’s so good about this Italian flavored chicken spiedini

The first thing that’s good about this chicken recipe is that it is delicious. It’s a super easy recipe to make.

And this recipe can be made ahead of time and grilled when your ready to serve. I used my cast iron grill pan to grill the chicken spiedini indoors, but the are perfect for your outdoor grill. Also I use metal skewers. If you are using wood skewers be sure to soak them in water before using.

I made a simple dipping sauce with yogurt, minced garlic, onion and lemon juice. You can use any sauce that fits your taste, or don’t use any. These chicken skewers are delicious on they’re own!!!

One more thing I used chicken tenders. You can use regular

boneless chicken breast or chicken thighs.

Ingredients

- 2 lbs. chicken tenders
- 1 cup olive oil
- 1/3 cup red wine vinegar
- 4 Tbls. minced garlic
- 1 Tbsp. each oregano, thyme, paprika and rosemary
- salt and pepper to taste

Instructions

1. Start by cleaning the chicken and removing the tough white membra
2. mix all of the rest of the ingredients in a bowl. Add the chicken tenders to the marinade and let sit in the marinade for at least thirty minutes.
3. Heat the grill to medium high heat. meanwhile tread the marinaded chicken onto metal skewers or prepared wooden skewers.
4. Grill the chicken spiedini until golden brown about 5 minutes pre side.