

Oven baked chicken spiedini

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If you love the classic flavors of chicken spiedini- juicy marinated chicken, garlicky breadcrumbs and that crispy golden crust – you're going to love this oven baked version. Typically cooked on the grill , spiedini is often seen as a summertime meal. But by swapping the grill for your oven, this version becomes a year-round favorite, perfect when you don't want to fire up the grill.

While grilling gives that charred finish, baking the chicken on skewers keeps it moist, and the breadcrumbs are crispy without having to go outside.

Why you'll love this oven baked chicken spiedini recipe

You can make this chicken spiedini in the oven rain or shine. Still baked on skewers for a perfect presentation.

You can make it ahead of time. Prep it now and cook it later. To make ahead coat the chicken in breadcrumbs assemble the skewers, and refrigerate up to two days. To freeze: Freeze the raw chicken skewers fully assembled flat on a baking sheet until solid , then transfer to an airtight container. When you're ready to serve bake frozen adding 10 minutes or thaw overnight in the fridge and bake as usual.

It's a delicious recipe to feed a crowd, perfect for parties, and family meals. Serve these oven roasted chicken spiedini with my Easy Sicilian Potato Salad (no Mayo) or my Italian style-sauteed swiss chard and my creamy lemon parmesan zucchini orzo for a complete delicious Italian meal. If you

make this oven baked chicken spiedini, I'd love to hear how it turns out! Leave a comment below, snap a photo and tag me on Instagram. I love hearing from you and it helps others. Thanks!!! ENJOY!!!

Ingredients for the marinade

- 1/4 cup olive oil
- 1/2 cup white wine
- 1/2 Tbsp. red pepper flakes
- zest and juice from one lemon
- 1 Tbsp. minced garlic
- salt and pepper to taste
- 2 skinless, boneless, chicken breast
- **FOR THE BREADING**
- 1 cup breadcrumbs
- 1/2 cup grated parmesan cheese
- 1/3 cup grated pecorino
- 2 Tbsp. chopped Italian parsley
- **FOR THE LEMON GARLIC BUTTER**
- 1 stick butter
- 2 Tbsp. finely minced garlic
- Zest and juice from 1 lemon
- 2 Tbsp. chopped Italian parsley
- Salt and pepper to taste

Instructions

1. salt and pepper the chicken and cut into medium size cubes
2. In a large mixing bowl whisk together oil , red pepper flakes, wine, minced garlic. lemon juice and zest. Add the chicken to the marinade and toss to coat. marinade in the fridge for at least 1 hour.
3. If your using wooden skewers soak them in water while the chicken marinates, I use metal ones, here's the

link.

4. Made the breading : In a bowl whisk together the breadcrumbs, parsley, garlic powder, lemon zest, parmesan and pecorino
5. Once the chicken is done marinating toss the chicken pieces into the breadcrumb mixture to coat.
6. Tread several pieces of chicken onto the skewers. Repeat with all the chicken
7. Preheat your oven to 400 degrees. Line a baking sheet with parchment paper. Spray the chicken spiedini with olive oil arrange on the baking sheet and bake 12-15 minutes or until the chicken is cooked through. **You can also grill them** :Prepare the grill to high heat and brush with olive oil. Arrange the chicken skewers on the grill , grill for 5 minutes . Flip and grill 5 minutes more or until cooked through.
8. While the chicken is cooking make the sauce melt the butter over medium low heat add the garlic saute until soft and fragrant, then add the wine and let cook for 2-3 minutes or until the sauce thickens slightly. Remove from the fire and add the lemon zest and parsley.
9. Serve the chicken spiedini warm with the lemon, garlic sauce. ENJOY!!!