

Cumin Chicken Skewers

BE FIT SOUTH SHORE

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4 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Cumin Seed
2 tsps Fennel Seed
1 tsp Sea Salt
567 grams Chicken Breast (skinless, boneless, cut into one-inch cubes)
1 1/2 tbsps Coconut Oil (melted)
2 Red Bell Pepper (medium, chopped)
8 Barbecue Skewers

NUTRITION

AMOUNT PER SERVING

Calories	246	Cholesterol	103mg
Fat	10g	Sodium	662mg
Carbs	6g	Vitamin A	1947IU
Fiber	2g	Vitamin C	76mg
Sugar	3g	Calcium	53mg
Protein	33g	Iron	3mg

DIRECTIONS

- 01 Coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Combine with sea salt and set aside.
- 02 In a large bowl, toss the chicken in coconut oil. Add the spices and mix until well coated. Pierce the chicken and red bell peppers onto the barbecue skewers.
- 03 Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Sprinkle additional cumin just before serving (optional). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals two skewers.

MORE FLAVOR

Add chili powder and garlic to your spice mix. Use a charcoal grill.

ADDITIONAL TOPPINGS

Serve with tabbouleh, pita, plain yogurt, brown rice, lettuce wraps, pickled or grilled vegetables.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

NO COCONUT OIL

Use olive oil, butter, or ghee instead.