



Chicken Kebabs in Lettuce Cups

MyPlate2Yours - Lynn Dugan

Ingredients

1-1/4 pound ground chicken
1/2 medium red onion; half fine diced and half sliced thin
1 clove garlic, minced
1/2 cup crumbled feta
1/2 cup fresh mint leaves; half chopped and half whole leaves / larger ones torn
1/2 teaspoon salt
1/4 teaspoon white pepper
1 cup grape tomatoes, quartered
1 tablespoon extra virgin olive oil
1 tablespoon red wine vinegar
Salt and pepper, to taste
8 Bibb lettuce leaves
Eight bamboo skewers

Directions

Soak skewers in water for 15 minutes. Preheat oven to 375°F. In a medium bowl, combine chicken, diced onion, chopped mint, feta, garlic, salt and pepper. Divide mixture in half and into 4 portions per half. Form each portion around skewer and place onto baking sheet. Bake in oven for 20-25 minutes, until internal temperature is 165°F.

Meanwhile, prepare tomato-red onion salad by combining tomatoes, onions, mint, olive oil, vinegar. Season with salt and pepper. Serve kebabs in bibb lettuce leaves topped with the salad. Serve with whole grain couscous or a gluten-free grain, if desired. Enjoy!