

Kathleen's Yogurt-Marinated Chicken Skewers

Kathleen and I marinated boneless, skinless chicken thighs in the mixture of yogurt, coconut and seasonings in Ziplock bags overnight. Then, we threaded the chicken onto wooden skewers and grilled them. You can make a bunch for dinner to serve with rice and a veg and then have leftovers to top your salad. Or, better yet, marinate, grill, then pile the skewers onto a big platter with spears of European cucumber and invite some friends over for lunch!

Makes 6 servings

2 pounds boneless, skinless chicken thighs

1 cup plain Greek yogurt, of any fat content you've got

1 cup canned coconut milk

6 to 8 cloves garlic, pressed or minced

2 to 3 tablespoons grated fresh ginger

1 teaspoon fish sauce

1 teaspoon ground turmeric

1 teaspoon salt

1/2 teaspoon cumin

Dash of chili powder

1. Cut the chicken thighs into 1-inch strips and place in a very large Ziplock bag. Place the yogurt, coconut milk, garlic, ginger, fish sauce, turmeric, salt, cumin, and chili powder in a medium bowl and whisk to combine. Pour over the chicken. Seal the bag. Toss the bag and massage it to distribute the marinade over the chicken. Place in the fridge to marinate 24 hours or overnight. (Or, you can save clean-up by prepping the marinade in the Ziplock and add the chicken to the marinade.)
2. When ready to cook, pull the chicken out of the marinade and thread onto metal or wooden (they will burn a bit even if you soak first in water) skewers. Discard the marinade.
3. Prepare a hot grill - charcoal or gas. Place skewers on the grill and cook on both sides until browned. Depending on the grill, it can be anywhere from 3 or 4 minutes to 8 or 9 per side. You may need to continue to grill and rotate the skewers until cooked through. Repeat with the remaining skewers. Serve hot with rice or let cool, then wrap and place in the fridge overnight. Serve with salad greens, avocado, tomatoes, slaw, roasted sweet potatoes, corn, whatever's in your fridge! Serve with peanut sauce or tzatziki sauce (plain Greek yogurt, minced cukes, olive oil, fresh dill or mint, garlic, lemon juice and salt.)

Oven Method: Preheat the oven to 425 degrees F. Distribute the chicken on one or two sheet pans so it has room to spread out and is not touching. Bake until crispy, about 30 to 35 minutes. Halfway through, run a spatula under the chicken and flip it, then return to the oven.