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Minted Organic Chicken & Roasted Red Pepper Skewers

"Sustainable Winter Tapas"

Courtesy of Executive Chef Rodney Herwerth



Ingredients

- 1 lb boneless skinless organic chicken breast, cut into 1/2 inch pieces
- 1 cup organic yogurt
- 2 tablespoon chopped fresh mint
- 1 medium red pepper, cut into 1/2 inch pieces
- 2 clove garlic, finely chopped
- 1 teaspoon red pepper flakes

Preparation

Soak eight 6" wooden skewers in water for 1 hour.

Thread chicken pieces onto skewers evenly, alternating with the red pepper. Place in shallow baking dish.

Combine remaining ingredients until well blended, pour over skewers and marinate in refrigerator for a minimum of 30 minutes, but preferably a couple of hours.

Remove skewers from marinade (discard leftovers) and place skewers on a baking pan. Preheat broiler to 375 degrees. Broil skewers about 12 minutes or chicken is cooked, turning occasionally.