Grilled Chicken Skewers with Garden Tzatziki Sauce

1 lb boneless skinless chicken breast, cut into large cubes
2 T extra virgin olive oil
sea salt & fresh cracked pepper, to taste
2-3 sweet onions, chopped for skewers
6-12 skewers

Preheat grill to 400 degrees. In large bowl, drizzle cubed chicken with olive oil and season with sea salt and fresh cracked pepper. Thread chicken and onions onto skewers and place on hot grill. Cook on grill for 8 minutes until golden brown and chicken is cooked through. Serve with Garden Tzatziki Sauce over rice or pita bread.

Garden Tzatziki Sauce

1 large cucumber, peeled and seeded
1 cup plain Greek yogurt
1/2 sweet onion, finely diced
2 cloves garlic, minced
1 T extra virgin olive oil
1 T fresh lemon juice
1 T fresh parsley, chopped
1/4 tsp sea salt
1/4 tsp fresh cracked pepper

In food processor, shred peeled and seeded cucumber and set aside to strain off excess liquid. In large mixing bowl, combine yogurt, onion, garlic, olive oil, lemon juice, parsley, sea salt and pepper. Stir in strained cucumber and mix thoroughly. Chill for 1 hour.

Recipe by Garden Chef Megan McCarthy

ATLANTA BOTANICAL GARDEN