Chicken Kabob Recipes

PREP 20 MIN | COOK 15 MIN | ADDITIONAL 35 MIN | SERVES 4

Yogurt and lemon season these chicken kabobs while separate vegetable skewers let each ingredient finish at its own pace.



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) olive oil
- 3/4 tsp (4 g) salt
- 1/4 tsp ground black pepper
- 1/3 cup (80 g) plain yogurt
- 2 tbsp (30 ml) lemon juice
- 2 garlic cloves (6 g), minced
- 1 tsp (2 g) ground cumin
- 1 tsp (2 g) paprika
- 1 bell pepper (150 g), chunks
- 1 red onion (150 g), chunks

Note: Keep pieces evenly sized. Separate vegetable skewers prevent serving undercooked chicken when vegetables finish first.

METHOD

01 Cut chicken into even 1-inch pieces. Mix oil, yogurt, lemon, garlic, cumin, paprika, salt and pepper.

02 Coat chicken in marinade and refrigerate 30 minutes; soak wooden skewers as their package directs.

03 Heat grill to medium-high, about 400°F (200°C), and clean the grate.

04 Thread chicken onto skewers without packing tightly; thread vegetables on separate skewers. Discard used marinade.

05 Grill chicken 10–15 minutes, turning regularly, until every thick piece reaches 165°F (74°C). Grill vegetables until tender and lightly charred.

06 Transfer to clean plates and rest chicken 5 minutes; use clean utensils to serve.

DONENESS CHECK
Check the thickest chicken with a food thermometer, avoiding bone or the pan. It must reach at least 165°F (74°C). For filled pastries, croquettes, pies or stuffed chicken, check the center filling also reaches 165°F (74°C).

TIPS

- Keep pieces evenly sized. Separate vegetable skewers prevent serving undercooked chicken when vegetables finish first.
- Measure ingredients before starting and keep raw-poultry utensils separate from cooked food.
- Use the thermometer target in the instructions rather than relying only on color.

AVOID

- Skipping the recipe-specific preparation and thickness guidance.
- Crowding the pan or tray so food cooks unevenly.
- Judging doneness only by color or time instead of a thermometer.

VARIATIONS & SERVING

- Breast: check smaller breast cubes earlier.
- Herb: add dried oregano.
- Spicy: add a pinch of cayenne.
- Serve with rice, cucumber salad and flatbread.

STORAGE & REHEATING

Refrigerate promptly in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3–4 days, counting any earlier storage of cooked chicken used in the recipe.

FREEZING Freeze in airtight portions for up to 2 months for best quality. Thaw in the refrigerator.

Warm in a covered pan over medium-low heat with a splash of water or broth until the chicken reaches 165°F (74°C).

QUICK ANSWERS

Can I use wooden skewers? Yes; soak and use them according to their package directions.

Why separate the vegetables? They may cook faster than chicken.

Can I bake kabobs? Bake on a rack at 425°F (220°C), turning once and checking all pieces to 165°F (74°C).