



Cumin Chicken Skewers

4 servings
20 minutes

Ingredients

- 2 tbsps Cumin Seed
- 2 tsps Fennel Seed
- 1 tsp Sea Salt
- 1 1/4 lbs Chicken Breast (skinless, boneless, cut into one-inch cubes)
- 1 1/2 tbsps Coconut Oil (melted)
- 2 Red Bell Pepper (medium, chopped)
- 8 Barbecue Skewers

Nutrition

Amount per serving	
Calories	246
Fat	10g
Saturated	5g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	33g
Cholesterol	103mg
Sodium	662mg

Directions

- 1 Coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Combine with sea salt and set aside.
- 2 In a large bowl, toss the chicken in coconut oil. Add the spices and mix until well coated. Pierce the chicken and red bell peppers onto the barbecue skewers.
- 3 Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Sprinkle additional cumin just before serving (optional). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals two skewers.

More Flavor: Add chili powder and garlic to your spice mix. Use a charcoal grill.

Additional Toppings: Serve with tabbouleh, pita, plain yogurt, brown rice, lettuce wraps, pickled or grilled vegetables.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Coconut Oil: Use olive oil, butter, or ghee instead.