



## Yogurt-Marinated Grilled Chicken Skewers



1/2 of recipe: 220 calories, 4.5g total fat (1g sat. fat), 244mg sodium, 2.5g carbs, 0g fiber, 2g sugars, 39.5g protein

**Prep:** 10 minutes    **Cook:** 15 minutes

**Marinate:** 1 hour

More: [Recipes for Sides, Starters & Snacks](#), [5 Ingredients or Less](#)

### Ingredients

12 oz. raw boneless skinless lean chicken breast, cut into 1 1/2-inch cubes  
1/4 cup plain fat-free yogurt

Seasonings: garlic powder, onion powder, salt, black pepper

### Directions

Place chicken in a medium bowl, and season with 1/8 tsp. of each seasoning. Top with yogurt, and stir to coat.

Cover and refrigerate for at least 1 hour.

Thread chicken onto skewers, packing the pieces together tightly.

Spray a grill or grill pan lightly with nonstick spray, and bring it to medium-high heat. Grill until chicken is cooked through, 10 - 12 minutes, carefully flipping about halfway through cook time.

MAKES 2 SERVINGS

**HG FYI:** A previous version of this recipe may have called for slightly different ingredients, but we've given it an upgrade! Nutritional info may vary accordingly.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.