



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

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.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.