

# delicious dish

super green lemony grilled chicken skewers

Produce	Pantry	Tools and Prep	Meat/Fish/ Chicken Freezer Dairy
1 large onion 1 bunch parsley 2 lemons garlic	vegetable oil (canola, sunflower, grapeseed)	4-8 metal skewers (bamboo will be ok also)  PREP none	2 lbs of boneless skinless chicken thighs (you can use breasts but I recommend thighs)