

A Recipe For Healthy Peruvian Chicken Skewers With Cilantro Sauce

Robyn Andrea Burgess February 11, 2015

Every week, we're [spotlighting a different food blogger](#) who's shaking up the blogosphere with tempting recipes and knockout photography. Here, Robyn Andrea Burgess of [Runaway Apricot](#) gives classic Peruvian [chicken](#) a more healthful spin.



Photo: Robyn Andrea Burgess

Healthy Peruvian Chicken Skewers With Green Sauce

Serve 5 to 10

I've made this recipe healthy by swapping mayonnaise out for Greek yogurt. It has less than [10 percent of the calories](#) and cholesterol of mayonnaise, while adding more than 10 times the protein. And if you've ever eaten [Peruvian chicken](#), you know that you'll want to be able to douse your entire plate in this green sauce, guilt-free. You'll find this dish so impressive you'll want to show it off at Super Bowl parties, awards show parties, cookouts...really any occasion.

Special material: wooden or metal skewers

3½ pounds boneless skinless chicken breast

4 teaspoons kosher salt

2 tablespoons ground cumin

2 tablespoons paprika

1 teaspoon freshly ground black pepper

3 cloves garlic, minced (about 1 tablespoon)

2 tablespoons distilled white vinegar

2 tablespoons olive oil

For the sauce:

1 cup fresh cilantro leaves

2-3 whole jalapeño chilies, roughly chopped

2 medium cloves garlic

Scant ¾ cup plain Greek yogurt (1-serving cup Chobani recommended)

½ juiced lime, roughly 2 teaspoons of juice

1 teaspoon distilled white vinegar

2 tablespoons extra virgin olive oil

For Chicken: Preheat oven to 375° and line a large baking sheet with a non-stick mat or foil. Soak skewers in water to prevent burning when cooked.

Cut chicken breast into 1-inch cubes. Rub chicken with salt, cumin, paprika, pepper, garlic, vinegar and oil. Allow to stand for 20-30 minutes.

Skewer 4 pieces of chicken breast per stick. Fold any thin pieces over onto the skewer to make sure meat is tight and even throughout. Arrange on baking sheet and bake for 15 minutes. Flip skewers and raise oven temperature to 425° to cook for 10 more minutes. Remove from oven.

For sauce: While chicken is baking, combine cilantro, jalapeños, garlic, Greek yogurt, lime juice, and vinegar in a blender, food processor, or cup with immersion blender. Blend on high speed until smooth. With motor running, blend in olive oil. Season to taste with salt and pepper. Makes about 1¼ cups.

Serve warm skewers with sauce.

More chicken recipes to sink your teeth into:

[Nom Nom Paleo's orange sriracha chicken](#)

[Spicy and sweet jerk chicken](#)

[The simplest and best roast chicken](#)

What's your favorite good-for-you recipe hack? Tell us below!