



Chicken Skewers with Grapefruit Salsa

Serves 4

For Salsa:

- 2 large pink grapefruit
- ½ c. finely chopped unwaxed cucumbers
- 3 Tbs. thinly sliced green onions, divided
- 1 serrano chile (remove seeds and membranes), finely chopped
- 1/8 tsp. honey

1-½ lb. skinless, boneless chicken thighs or breasts, cut into 1-½ -inch pieces
Coarse salt and freshly ground pepper

For Marinade:

- ¼ c. plus 2 Tbs. chopped fresh cilantro
- ¼ c. homemade SCD yogurt
- 1 Tbs. olive oil
- 2 garlic cloves, coarsely chopped
- ½ t. ground coriander seeds
- ½ t. turmeric



Using a sharp knife, cut top and bottom of each grapefruit away, then cut off peels. Working over a bowl, cut between membranes to release segments into bowl; squeeze in juice from membranes and discard membranes. Strain juice into another bowl. Cut segments into large pieces.

Combine grapefruit, 1 Tbs. strained juice (save remaining juice for another use), cucumber, 2 Tbs. green onions, and chile in a small bowl; mix well.

Stir in honey; season salsa with salt and set aside or refrigerate until later.

Place chicken in a medium bowl and season with salt and pepper. In a blender, puree ¼ c. cilantro, yogurt, oil, garlic, coriander, turmeric and water. Pour marinade over chicken; toss to coat. Let marinate at room temperature for 20 minutes. (May be made 1 day ahead. Cover and chill. Let stand at room temperature for 30 minutes before continuing.)

Preheat broiler or heat lightly oiled grill pan to medium-high. Thread 4 pieces of chicken onto each skewer and transfer to a foil-lined baking sheet or the grill pan. Broil or grill, turning once and watching closely to prevent burning, until browned and cooked through, about 8-12 minutes. Transfer skewers to plates. Spoon grapefruit salsa over chicken. Garnish with remaining 2 Tbs. cilantro and 1 Tbs. green onions.