



## Grilled Pesto Chicken Skewers

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Grilled Pesto Chicken Skewers with Cherry Tomatoes. EASY recipe that screams summer! ONLY THREE INGREDIENTS. Perfect for a light summer dinner or appetizer.

**PREP:** 20 mins  
**COOK:** 5 mins

**SERVINGS:** 2 -4 servings

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### Ingredients

#### For the Grilled Pesto Chicken and Tomato Skewers:

- 1 pound boneless skinless chicken breasts *cut into 1-inch pieces*
- 1/2 cup prepared pesto
- 1 pint cherry tomatoes
- Canola Oil *for grilling*

#### For the Mozzarella Balls (optional):

- 12 small mozzarella balls
- 1 tablespoon prepared pesto

### Instructions

- 1 In a medium bowl, combine the chicken pieces and 1/2 cup pesto. Cover and refrigerate for at least 1 hour or overnight. If using wooden skewers, place in water to soak for at least 30 minutes. Place mozzarella balls in a small bowl and toss with remaining 1 tablespoon pesto. Refrigerate until ready to serve. Let both the chicken and the mozzarella stand at room temperature 20 minutes prior to grilling.

- 2 When ready to cook, preheat an outdoor grill or indoor grill pan to medium. Thread the chicken and tomatoes onto the skewers, alternating as you go. Lightly brush the grill with canola oil to prevent sticking. Cook skewers for 3 minutes on one side, then turn and continue grilling until chicken is cooked through, about 1-2 additional minutes. Serve warm or at room temperature with mozzarella balls.

## Notes

Chicken can be marinated up to 1 day in advance.

## Nutrition

**SERVING:** 1(of four) without mozzarella

**CALORIES:** 204kcal

**CARBOHYDRATES:** 4g

**PROTEIN:** 24g

**FAT:** 11g

**CHOLESTEROL:** 72mg

**SODIUM:** 142mg

**FIBER:** 1g

**SUGAR:** 2g

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