

Treasure Barrel

Grilled Ranch Garlic Parmesan Chicken Skewers Recipe

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Chicken Skewers

- [ ] 2 lbs boneless, skinless chicken thighs, cut into 1-inch cubes
- [ ] 1/4 cup olive oil
- [ ] 1 (1-ounce) packet dry ranch seasoning mix
- [ ] 3 cloves garlic, minced
- [ ] 1/2 cup freshly grated Parmesan cheese
- [ ] 1/2 teaspoon black pepper
- [ ] 8-10 wooden or metal skewers

For Garnish

- [ ] 2 tablespoons fresh parsley, chopped
- [ ] Extra grated Parmesan cheese, for serving

Instructions

1. First things first, let's create our beautiful marinade. In a large bowl, pour in the olive oil. Now, sprinkle in the entire packet of ranch seasoning, the minced garlic, your lovely grated Parmesan, and the black pepper. Take a whisk and gently combine everything until it forms a creamy, fragrant paste. This is the flavor base, and honestly, the smell alone is enough to get you excited for dinner. It's a simple start to a really delicious meal.

2. Now, add your cubed chicken thighs to the bowl with the marinade. Use a spatula or your hands—I prefer using my hands, it feels more connected—to gently toss and coat every single piece of chicken. Make sure each cube is generously covered. Cover the bowl with plastic wrap and let it rest in the refrigerator for at least 1 hour, or up to 4 hours if you have the time. This little rest is so important; it's when all those yummy flavors seep into the chicken.

3. While the chicken is marinating, if you're using wooden skewers, now is the time to soak them in water. This prevents them from burning on the grill. Once the chicken is ready, preheat your grill to medium-high heat. Carefully thread the marinated chicken pieces onto the skewers, leaving a tiny bit of space between each one. You should get about 8 to 10 skewers, depending on how generously you load them up. They already look so promising at this stage!

4. Place the skewers on the preheated grill. Let them cook for about 10-15 minutes, turning them every 3-4 minutes, until the chicken is cooked through and has beautiful char marks. That sizzle and smoky aroma is just the best part. Once cooked, remove the skewers from the grill and place them on a platter. Let them rest for about 5 minutes before garnishing with fresh parsley and an extra sprinkle of Parmesan. Then, serve them warm and watch them disappear.

Nutrition per serving

380 kcal	35 g	3 g	25 g
Calories	Protein	Carbs	Fat

Tips & notes

- Soaking wooden skewers is a small step that makes a big difference. Thirty minutes is usually enough to keep them from catching fire and turning to ash on the grill.
- The resting period after grilling is non-negotiable in my book! It allows the juices to settle back into the meat, ensuring every bite is tender and moist. Please don't skip this.
- Feel free to add some veggies to your skewers! Chunks of bell pepper, red onion, or zucchini threaded between the chicken are absolutely delicious and add beautiful color.