



Balsamic Garlic Dijon Grilled Chicken Skewers

The First Bite That Hooked Me

The smell hit me first—smoky, tangy, with a hint of garlic. My friend handed me a skewer at a backyard cookout. One bite and I was sold. The chicken was juicy, the marinade bold but not overpowering. **Ever wondered how you could turn simple skewers into something unforgettable?** That day, I knew I had to make this at home. Now it's my go-to for summer gatherings. Try it, and you'll see why.

My Messy First Try

My first attempt was... messy. I forgot to oil the grill, and the chicken stuck. Half the skewers fell apart. But the flavor? Still amazing. **Home**

cooking teaches us to embrace the chaos. Even when things go wrong, the results can surprise you. Now I double-check the grill grates every time. What's your funniest kitchen fail? Share below!

Why These Flavors Work

- The balsamic adds sweetness, balancing the mustard's sharpness. - Garlic and olive oil create a rich, savory base. **Which flavor combo surprises you most?** Is it the tangy-sweet marinade or the smoky grill char? For me, it's how simple ingredients shine together. These skewers prove less is often more.

A Dish With Roots

Skewered meats date back to ancient Greece, cooked over open flames. This version mixes French Dijon with Italian balsamic. *Did you know balsamic vinegar was once used as medicine?* Today, it's a kitchen staple. Cultures blend here, just like the flavors. What's your favorite global twist on grilled chicken? Tell us in the comments!



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Ingredients:

Ingredient	Amount	Notes
Chicken breasts	1 ½ pounds	Cubed
Olive oil	¼ cup	
Balsamic vinegar	¼ cup	
Dijon mustard	2 teaspoons	
Minced garlic	2 teaspoons	
Salt	1 teaspoon	
Pepper	½ teaspoon	

How to Make Balsamic Garlic Dijon Grilled Chicken Skewers

Step 1

See also [Baked Cabbage Recipes for Easy Dinners](#)
Grab a large zip-top bag for the marinade. Add olive oil, balsamic vinegar, dijon mustard, garlic, salt, and pepper. Seal the bag and shake it gently to mix. (Hard-learned tip: Use a bowl if your bag leaks—mess avoided!) **Step 2** Drop the cubed chicken into the bag. Squeeze out air and seal tight. Let it chill in the fridge for 1 hour. Patience pays off with flavor-packed meat. **Step 3** Thread the chicken onto 6 skewers evenly. Leave space between pieces for even cooking. Soak wooden skewers first to prevent burning. **Step 4** Heat the grill to medium-high and oil the grates. Grill skewers for 15 minutes, turning every 5 minutes. Chicken's done at 165°F inside. *Fun fact: Overcrowding skewers slows cooking—give 'em room!* **What's your go-to marinade for grilled chicken? Share below!** **Cook Time:** 15 minutes **Total Time:** 1 hour 25 minutes **Yield:** 6 skewers **Category:** Dinner, Grilling

3 Twists on This Classic Recipe

Honey-Sriracha Swap balsamic for honey and add a dash of sriracha. Sweet heat wins every time. **Lemon-Herb** Use lemon juice instead of vinegar. Toss in fresh rosemary or thyme. Bright and zesty! **Pineapple-Teriyaki** Replace balsamic with teriyaki sauce. Add pineapple chunks between chicken pieces. Tropical vibes on the grill. **Which twist would you try first? Vote in the comments!**

Serving Ideas & Pairings

Serve skewers over fluffy couscous or a crisp green salad. Garnish with chopped parsley or extra balsamic drizzle. Drink pairings: Iced herbal tea (non-alcoholic) or a chilled pinot grigio (alcoholic). Both cut through the tangy marinade. **Which would you choose tonight—salad or couscous?**



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Keep It Fresh or Freeze for Later

Store leftover skewers in the fridge for up to 3 days. Use airtight containers to lock in flavor. For longer storage, freeze them in a single layer first. Once frozen, transfer to freezer bags for up to 2 months. Thaw overnight in the fridge before reheating.

See also [Spicy Chipotle Chicken Skillet](#)

Fun fact: Marinated chicken freezes better than cooked. Batch-cook by doubling the marinade and freezing half raw. Why this matters? Meal prep saves time on busy nights. Ready to grill straight from thawed—no extra work! Ever tried freezing skewers? Share your tips below.

Fix Common Grilling Hiccups

Issue 1: Chicken sticks to the grill. Fix: Oil grates well or use nonstick spray. Issue 2: Marinade burns. Fix: Pat chicken dry before grilling. Issue 3: Skewers cook unevenly. Fix: Cut chicken into same-size cubes. Why this matters? Small tweaks prevent frustration and wasted food. My neighbor once charred skewers to ash—now she swears by drying the chicken first. Which grilling mishap drives you craziest? Vote: sticking, burning, or uneven cooking?

Your Questions, Answered

Q: Gluten-free? A: Yes! All ingredients are naturally gluten-free. Just check your mustard label. **Q: Can I prep ahead?** A: Marinade chicken up to 24 hours for deeper flavor. **Q: Swap for thighs?** A: Thighs work great—juicier but cook 2-3 minutes longer. **Q: Scale for a crowd?** A: Double everything. Use two bags to marinate evenly. **Q: No grill?** A: Broil skewers 6 inches from heat, same time.

Let's See Your Skewers!

Nothing beats sharing food wins. Tag **Savory Discovery on Pinterest** with your skewer pics. Your twist might inspire others. Happy cooking!
—Elowen Thorn.

You need to try !



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Author: Elowen Thorn



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Cuisine:[American](#)



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Difficulty: **Beginner**

Prep time: **10 minutes**



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Cook time: **15 minutes**

Rest time:



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Total time: **1 minute**

Servings: **Not specified servings**



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Calories: **kcal**

Best Season:**Summer**

Description

Enjoy the bold flavors of balsamic vinegar, garlic, and Dijon mustard in

these delicious grilled chicken skewers.

See also [Easy Chicken Tortilla Casserole Recipe](#)

Ingredients

- ▢ 1 ½ pounds chicken breasts, cubed
- ▢ ¼ cup olive oil
- ▢ ¼ cup balsamic vinegar
- ▢ 2 teaspoons dijon mustard
- ▢ 2 teaspoons minced garlic
- ▢ 1 teaspoon salt
- ▢ ½ teaspoon pepper

Instructions

1. Make marinade: In a large zip top bag, combine 1/4 cup olive oil, 1/4 cup balsamic vinegar, 2 teaspoons dijon mustard, 2 teaspoons garlic, 1 teaspoon salt and 1/2 teaspoon pepper. Close top and give it a little shake to mix.
2. Marinate: Add 1 1/2 pounds cubed chicken and close top. Refrigerate for 1 hour.
3. Skewer chicken: Put chicken on 6 skewers.
4. Grill: Preheat grill to medium high heat and make sure your grill grates are oiled. Grill for about 15 minutes, turning every 5 minutes. Cooking time will vary based on the size of your chicken chunks, but the internal temperature of the chicken should read 165°F.

Notes

For best results, let the chicken marinate for the full hour to absorb maximum flavor.

Keywords:Chicken, Skewers, Grilled, Balsamic, Garlic, Dijon