Greek Chicken Skewers

3/4 cup plain yogurt

1 Tablespoon lemon juice

1 Tablespoon olive oil

1 teaspoon sage

1 teaspoon oregano

1/2 teaspoon salt

1/2 teaspoon grated lemon zest

1/4 teaspoon onion powder

1/4 teaspoon pepper

1 pound boneless chicken, cut into strips

Combine yogurt, lemon juice, oil, sage, oregano, salt, zest, onion powder and pepper.

Add chicken strips.  Cover and refrigerate 10 minutes or up to 8 hours.

Remove chicken and thread onto skewers.

Place on a hot grill and grill until internal temperature reaches 165.

Remove from heat, tent with foil and let rest for 10 minutes.